



Run for Life: The Anti-Aging, Anti-Injury, Super-Fitness Plan to Keep You Running to 100

By Roy M Wallack

Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Run for Life: The Anti-Aging, Anti-Injury, Super-Fitness Plan to Keep You Running to 100, Roy M Wallack, Over 35 and want to win your age group and run injury-free for the next 50 years or even longer? Run for Life lays out a plan to help you run to 100. Traveling the running world from Kenya to Tahiti and Boston to Badwater in search of the keys to super-fit running longevity, Wallack tests new running methods, products, and fitness regimens, and talks to the world's top coaches, athletes, and researchers as he develops a science-backed, time-efficient strategy for long-term running fitness. Featuring 10 extensive oral-history interviews with super-fit, all-time greats, such as Frank Shorter, Bill Rodgers, and Dr. Kenneth Cooper, Run for Life brims with ground-breaking innovations, including:

- Soft Running: A bio-mechanical overhaul that reduces knee-shock by 50%
- A Call to Arms: A cheap, simple handgrip that automatically perfects your form
- HGH Strength Training: Fast, high-intensity resistance exercises that stop age-related muscle deflation and build speed, power, balance, and quick-reaction time by jacking up the natural release of human growth hormone
- The Ultra Interval: Crazy-hard 20-...



READ ONLINE
[7.72 MB]

Reviews

These kinds of publication is the greatest pdf available. Better then never, though i am quite late in start reading this one. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Lorena Streich**

It becomes an awesome pdf that I have actually read through. It really is full of knowledge and wisdom You may like how the writer compose this book.

-- **Amanda Gleichner**

See Also



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



Sarah's New World: The Mayflower Adventure 1620 (Sisters in Time Series 1)

Barbour Publishing, Inc., 2004. Paperback. Book Condition: New. No Jacket. New paperback book copy of Sarah's New World: The Mayflower Adventure 1620 by Colleen L. Reece. Sisters in Time Series book 1. Christian stories for girls. Sisters in Time Series. Age 8-12,...



DK Readers L1: Feeding Time

DK Publishing (Dorling Kindersley). Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L1: Feeding Time, Lee Davis, DK Publishing, Linda Martin, This Level 1 book is appropriate for children who are just beginning to read. Which animal enjoys breakfast in...



DK Readers L1: Jobs People Do: A Day in the Life of a Firefighter

DK Publishing. Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L1: Jobs People Do: A Day in the Life of a Firefighter, Linda Hayward, DK Publishing, This Level 1 book is appropriate for children who are just beginning to read....
