

OLDER FASTER STRONGER



WHAT WOMEN RUNNERS CAN
TEACH US ALL ABOUT
LIVING YOUNGER, LONGER

MARGARET WEBB

Margaret Webb

Older, Faster, Stronger: What Women Runners Can Teach Us All About Living Younger, Longer



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Millions of women took up running in latest decades. A former overweight smoker turned marathoner, Margaret Webb runs with elite older females, follows a high-performance teaching plan devised by professionals, and examines study that shows how endurance training can stall ageing. She then tests herself against the world's best older runners at the globe masters video games in Torino, Italy. One part personal quest to discover running greatness after age group 50, one component investigation into what the women's running boom can teach sportsmen about becoming fitter, stronger, and faster as we age, *Old, Faster, Stronger* is an engrossing narrative sure to inspire females of all ages. Ladies are qualifying for the Olympic marathon within their 50s, running 100-mile ultra marathons in their 60s, completing Ironmans in their 80s, competing for globe masters records in their 90s. the first generation of women to teach in great numbers. What are the secrets of the ageless wonders? Is there an evolutionary reason women can maintain endurance into advanced years? Just how do they get stronger and faster long after their "athletic primary"? Webb immerses herself in these questions as she as she trains to discover precisely how fast she will get after 50.



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I am bemoaning my age lately until I examine this book. Before I bought this I browse A.e. I was a little leary about buying it after that, because I'm in the same boat as A. There is a lot of good info in here about stuff that I've not been doing that I could be doing in order to get faster (i..Besides that she does lay out a good framework for an exercise plan, and I plan to follow it.a fresh runner, 175 lbs, not out to run a marathon, merely to get in shape, etc. They ought to read it together with performing a couch-to-5K or SportMedBC's 13 week 10K walk/run plan. I thought, I'll go through this allegedly inappropriate, much too advanced book to find out what is truly wrong with it. After I'm done I will chronicle my own encounters and write the book for ordinary people.Sadly, it looks like I'm going to have to find something else to create about, because I came across "Older, Faster, Stronger" extremely inspiring. Even more important - the mental function. I don't possess her athletic history. I've been a bit of a sofa potato all my life. Loved the sciencey stuff, loved the stories about the amazing females, loved the race by the end. I had no aspirations to run any races, let alone a marathon. Of course I knew these exact things existed, but she makes them audio more appealing if you ask me than others possess, and I might just give them a go. I am 50 yrs . old, not really a runner, but found this reserve to be therefore inspiring! I'll blow out my knees, have a coronary attack and die.I was pleased to discover, because of the book, that my age (49), my knees and my heart won't hold me back, that I don't have to close the publication on the running chapter of my life. I think I will put a marathon objective out presently there, and I'm looking into running groups to join.We agree that it had been heavy-duty, highly advanced stuff, but that's why is it thus motivating. If 85 yr old women can operate marathons, and retain their youth and their health as a result, so can I. This is an amazing book. Cry baby, excuses excuses! Thank you! I've also recently found out how motivating, inspiring and fun a community of females who are enhancing their fitness together can be.I QUICKLY got a crazy idea.. I ran a fifty percent marathon your day before I completed this publication, my last three miles were my fastest kilometers ever! Interesting and worthwhile, if you can get past the quirks I enjoyed the book overall because We am interested in the topic. Her research references are excellent and will allow me to do further research by myself. I knocked off a few stars because Personally i think she occasionally confuses her personal issues with the bigger images. For instance, she heavily touts some sort of Paleo diet plan, while acknowledging that many elite sports athletes don't eat that way. In fact the data in favor of such a diet plan is blended, and people's individual biological differences probably have an effect on how well any diet works. They were looking for a weight reduction book, a guide for beginning runners. On the other hand, she does deal with some issues that the various other books I've read do not, such as how sports participation empowers young ladies and women in additional arenas. For a great read, I preferred "WHY IS Olga Work." I'm still searching for a reserve that is beneficial to me as a 50-something runner who wants to be tolerably good at 5K and 10K races, not a world-class half-marathon runner. That is definitely not that reserve. I'm so happy I did!I do trust A. A few of the reviewers on amazon.com didn't such as this book. As additional reviewers possess commented, she makes a lot of negative responses about body types that are normal and probably great healthwise. This is simply not that publication. There are many books for that audience. This is a book for women endurance sportsmen who are looking for encouragement and assistance about running the others of their lives. Webb nailed it, for me. The publication is well crafted and easy to read. Wish it were sound!ladies in their 70's taking on marathon working for the very first time in their lives! I am 52 years old, and a runner for 8 years. Great book for the older feminine operating enthusiast! But I went forward, because there aren't that lots of books that sound like they were written specifically for me, which one do. I am not almost as fast as Margaret, and probably under no circumstances will become, and the longest I've run is a half marathon. But I do care about running, successful in my age group, and staying fit forever. Dean . Dean's review. working with an organization, speed teaching, weight training exercise, learning from others' encounters). I am not really competitive. I found her comments about her own pounds to end up being self-deprecating

and in no way "fat shaming", and there weren't that many of them, anyway. The publication is definitely not merely about Margaret. I completely enjoyed the reserve, and increased my daily run by way of a mile today sheerly from book-generated enthusiasm! The most motivating parts of the book, if you ask me, were the parts about the much older women runners which are still out there operating circles around me, and what they do to get that way. I'll end up being reading it again and again over the next year. I'm as well old, I thought! I'm inspired! I think this book was written designed for me I almost didn't purchase this book because the first review up was bad?? What am I complaining about?? I came across myself looking at this group results, ready to start upgrading the list with every run! It isn't a training guide that is great as I don't plan on operating. I'm a hiker, walker, training girl and after reading this I've found (because the author has) you have to cross teach. To be strong our bodies need not only cardio, but stability, strength, and flexibility movement. I don't possess much in keeping with Margaret Webb. Also liked how she found out the camaraderie of teaching with other women. That doesn't imply that aspiring runners shouldn't examine it, though. I was so inspired I purchased 6 copies for customers as retirement gifts. It's been a joy seeing how reading this has transformed their perspective on what's possible after 65! Inspiring I am very close in age to the author and could relate to a lot of her journey. I've read a lot on operating but this publication was more interesting if you ask me because of that. It was inspiring to learn about the many women she interviewed and noticed while writing the reserve and I appreciated every word. It was well written and I've suggested it to my daughter-in-law who's a personal trainer. She trains older females and thought it will be great to provide to her customers as gifts. Good index as well Age is just a number! Very inspirational. Great operating motivator. Lactate threshold Really liked how we've walked through the lactate threshold test. Great book. Really enjoyed this book and can likely refer back again to it often for motivation. Being 50+ and actually just starting to run again after many years, this was just what I wanted to hear. I've hardly ever been fast, under no circumstances thought I possibly could ever really improve my speed but I don't think that anymore. I'll write an upgrade to the review when I get up to 10K. :) I'd describe it as component memoir, part inspiration, part science. When I recently took up operating, I did it only to lose excess weight and get in shape. Great publication. Webb doesn't offer much in the form of instruction to the new runner. Four Stars Very inspirational Learned a whole lot Audio please! Actually, for me, I felt like I was talking to a friend about running. I enjoy listen to operating books while I run, or again easily am recovering and need to stay motivated! Motivating! Not merely did this book train me about females's wellness, aging and fitness, it inspired me to push my very own running beyond my current amounts. A non-runner 50 year aged - and found Older, Faster, Stronger to be incredibly inspiring! Dean, though, that Ms. I can't believe this woman actually got this self absorbed biography published. What a whiner baby!



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