

FOR ALL ENDURANCE ATHLETES: CYCLISTS, RUNNERS, SKIERS, SWIMMERS, TRIATHLETES

FAST AFTER 50

HOW TO
RACE STRONG
FOR THE REST
OF YOUR LIFE

JOE FRIEL

Author of the best-selling
Training Bibles

39.27.00



Joe Friel

Fast After 50: How to Race Strong for the Rest of Your Life



[continue reading](#)

Larry Creswell, John Howard, Dr. Andrew Pruitt, and Lisa Rainsberger. Drawing from the most current study on ageing and sports performance, Joe Friel--America's leading endurance sports coach--shows how athletes can race strong and remain healthy well past age 50. In his groundbreaking book *Fast After 50*, Friel presents a good approach for sports athletes to ward off the effects old. Friel shows sportsmen how to expand their racing professions for decades--and race to earn. *Fast After 50* presents guidelines for high-intensity workout routines, focused strength training, recovery, crosstraining, and nutrition for high performance: The way the body's response to training changes with age group, how exactly to adapt your teaching program, and how to avoid overtrainingHow to shed surplus fat and regain muscle densityHow to create a progressive plan for teaching, rest, recovery, and competitionWorkout recommendations, field tests, and intensity measurementIn *Fast After 50*, Joe Friel shows sportsmen that age is just a number--and race email address details are the only quantities that count.With contributions from: Mark Allen, Gale Bernhardt, Amby Burfoot, Dr.Fast After 50 is for each and every endurance athlete who would like to stay fast for a long time to come. John Post, Dr. Tim Noakes, Ned Overend, Dr. For runners, cyclists, triathletes, swimmers, and cross-country skiers, growing older doesn't have to mean obtaining slower.



[continue reading](#)

Really worth a read in case you are in the 50+ bracket. better for those who have a Power-meter and VO2Max test. I have already been seriously training on my bicycle going back two years and I simply turned 50 per month ago. I've yet to purchase a power-meter or O2max check for my schooling, when I really do this material will be more worthwhile. He starts out by stating that those that read this reserve are outside of the standard statistics on ageing and athletic decline. A lot of the requirement for high intensity teaching is excellent (and is copied in other areas). Moving in over your head to stay with a climber might have disastrous results.. This book is excellent and Joe Friel gives you plenty of important . I was hoping for more sports nourishment information which I found lacking. He shows studies that monitor the performance of Olympic athletes who medaled since 1940, and how different styles stayed fit well to their 80's. BC Fast After 50 has made me quicker and more powerful on a mountain bike. Three Stars Some helpful tips/advice but all fairly obvious approaches. Joe Friel does not disappoint in his research and writing. This book does explain how to run the lab tests without these. Well worth the read I does appear to get repetitive/detailed after the first 4 chapters. Next, he talks about the true nature of fitness and how it really is measured. Everybody knows this don't we? In the summertime, by primary sport is usually mountain biking, and I have switch my climbing patterns from Long Sluggish Burn (LSB) to High Intensity Teaching Sprints (HITS), Within two months, by average acceleration on a 15 to 20 mile ride has improved from around 6. On the downside I'd have liked to have observed more advice on nutrition. 9 mph; Outstanding in every way Joe Friel is an excellent author.. I bought four copies and offered them away to many of my athlete close friends. As you age you can no longer recover on the downhill from the climb. This book however, may be the least useful and weakest of his attempts. Like most other personal help books, the entire message could be boiled down to 1-2 sentence message, in cases like this it is that the LSD (lengthy slow distance) rides, so called "junk miles" that most of us use don't have the impact on our fitness that we want or hope but instead one must add high intensity interval training to increase or maintain (against aging-induced losses) fitness. I am about half way through, but currently my schooling has changed. In the event that you own any of his other teaching books, you already have precisely what is in that one. His methods to difficult ideas are simplified for the reader into extremely understandable terms. Seldom, if at all, is it the case in the real scientific world (I'm a research scientist) that all work supports your look at hence - most likely cherry-picked. If you don't already lift weights to improve strength, he orders you to do that too but leaves you to find out how to do that by yourself. Really nothing new here - sorry Joe. Feeling disappointed. Joel, (nor I) have go through the 1/2 to at least one 1 BPM drop/season in useful heart rate suggested generally in most literature. Thanks a lot because of this great tome on staying match, aging, training and inspiration.. I as well had pre-ordered this publication and at this time I am stalled in chapter 6 , Advanced training. Joe did an excellent job in the last chapters with the build up and guarantee of answers. I've read chapter 6 many times as the following section is usually recovery and I am considering well can be that it as far as training goes? There still appears to be so many queries still unanswered, especially from a multisport triathlon training perspective. The 7 and 9 day schooling week examples seem even more single sport applicable and all you appear to gain is more recovery days. How do you tick off everything I have to do to teach 3 sports activities within the period ? And very inspirational! Overall I am feeling a bit disappointed the book didn't deliver what I hoped. Maybe the rest of the chapters will compensate? Really for older racers The issue is that way too many people are going to believe rising fast and racing over 50 are the same thing and they are not. The

only real other point I learned is maybe I should go back to focusing on just cycle period trials as masters period trialists appear to maintain their fast occasions longer than related aged runners and swimmers according to data shown in the reserve. As you age group and especially as you break the retirement barrier your body will not recover the same and going out with younger guys on a long ride because you can match them for the 1st 2/3rds of the ride actually isn't letting you know what can occur on the rest of the ride when you go in far too deep to stay with them. Like most other self help books There is no question about the data, experience, and popularity of Joe Friel. Probably the most useful debate was on reduction in usable heart-rate with age, I wish he would expand. This book is quite helpful but usually do not think for a moment that you could go as fast over 50 as you would at 30. and I am usually less exhausted after a ride. Despite the fact that he is a racer/endurance athlete as well, his writing is definitely unbiased and, more importantly, evidence centered. The addition of scattered citations from the scientific literature are used to offer authority and endorsement but glaringly look like cherry-picked to support his views. An analytical consider the studies obtainable at the time of writing. Friel and also have been nothing but satisfied. Highly recommended not merely for the "Senior Athlete", but also for the more youthful athletes as well. There is a lot of information in there to start thinking about well before you turn 50! In case you are serious about endurance sports activities, give it a examine and I'm sure you won't be disappointed. He enjoyed it so very much that I believed I would purchase it for myself. For the aging health nuts This book I originally brought for my buddy as a gift. It does a thorough work of explaining what happens to our bodies once we get older and provides some great tips on how to slow down the decline and also reverse it. It took 3 and a half minutes off my fifty percent marathon amount of time in 6 weeks. 1 mph to 7. And yes it does get extremely technical at times that most will most likely lose interest. But for those who are truly dedicated to fitness after fifty this will definitely help you compete. This is the second book I've go through from Mr. Friel. Filled with useful advice based on conservative interpretations of what details is available. A Good read; Not absolutely all doom and gloom! Not much new Although a lot of this book is useful for those of us aging athletes, I found the written text to be overly repetitive. Most of the how exactly to increase aerobic capacity stuff in the second half has been written. The fountain of youth I have tried this and am starting to see improvements in my aerobic efficiency. I'm fifty now which really changed just how I exercise. Excellent Read I'm 56 and not a racer per se, but much cycling enthusiast who would like to perform in group rides, gran fondos, multi-day journeys, and the occasional race. I've worked with some trainers, been tested, and read a fair bit over the years about exercise physiology. This reserve brought it all together for me personally. Very practical tips backed by technology. I now completely "get" how exactly to train properly to maximize performance at any moment, let alone for a race. A must read for just about any over 50 yr aged athlete! This is a great book for all us older athletes and a great handbook for anyone coming up on those on the hill years. Very informative, yet easy to read. How many days very long can working out week be before way too many times have exceeded before you repeat a session. Highly recommended for any age who would like to increase endurance Right now I am over 50, in fact over 60, and still try to be a competitive stamina athlete, I have already been looking for the science about aging and how to stay strong as long as possible. I can sustain 145 BPM 6 to 8 hours 152 two hours and I limit myself to 160-165 for 5-10 moments, I do have a good experience for my lactate threshold and best power cadence.. Coulda been created as an article rather than a book. This book is excellent and Joe Friel gives you a lot of important

tips to improve XC training and racing



[continue reading](#)

download Fast After 50: How to Race Strong for the Rest of Your Life pdf

download Fast After 50: How to Race Strong for the Rest of Your Life fb2

[download Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils \(8th Edition\) fb2](#)

[download Feed Zone Portables: A Cookbook of On-the-Go Food for Athletes \(The Feed Zone Series\) fb2](#)

[download Racing Weight Cookbook: Lean, Light Recipes for Athletes \(Racing Weight Series\) ebook](#)