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Running Past 50 (Ageless Athlete Series - amazon.com

â€œRunning Past 50â€• is by American Richard Benyo, editor of â€œMarathon & Beyondâ€• magazine. It was published in 1998 and I believe it is out of print but available as a Kindle download from Amazon.

Running past 50 â€“ the ageless athlete | Run Young 50

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STRENGTH TRAINING PAST 50 AGELESS ATHLETE

Running Past 50 One recent trend in road races is the number of participants that are over the age of 50. While these older runners are doing great things for their cardiovascular system, it is important for them to train smart to stay injury free.

Running Past 50 - The Runner's Resource

Running Past 50 (Ageless Athlete) [Richard Benyo] on Amazon.com. *FREE* shipping on qualifying offers. Many middle aged runners face a common problem: the personal challenge and inner rewards that were once powerful motives driving their running program have faded with time.

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