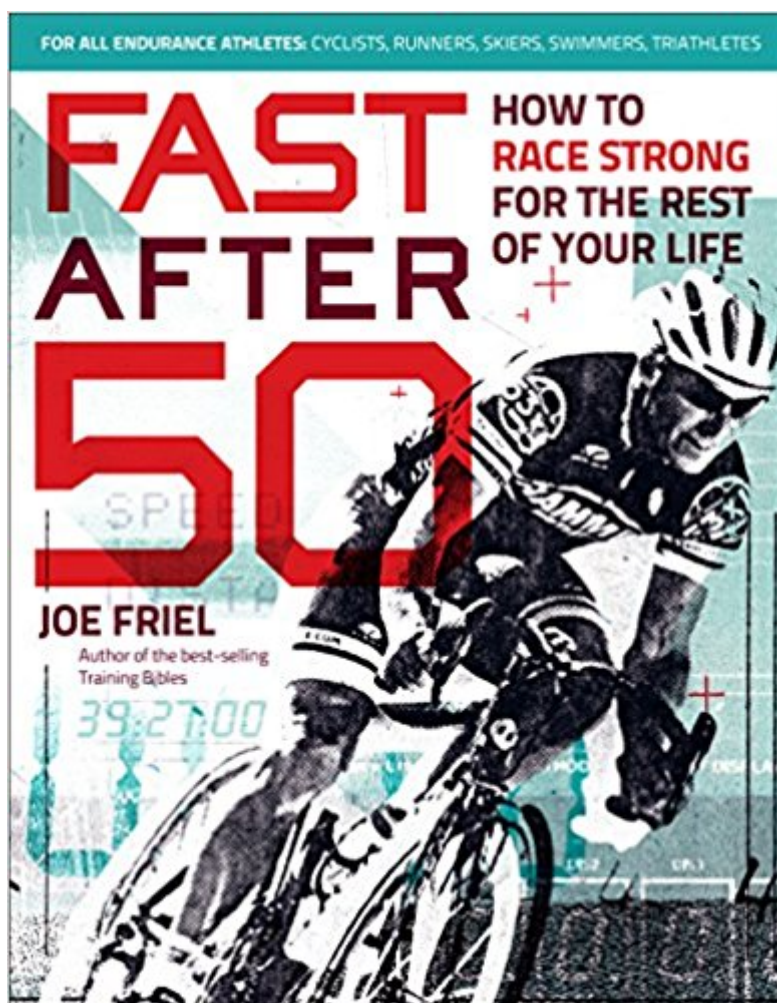


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# Fast After 50: How To Race Strong For The Rest Of Your Life



## Synopsis

Fast After 50 is for every endurance athlete who wants to stay fast for years to come. For runners, cyclists, triathletes, swimmers, and cross-country skiers, getting older doesn't have to mean getting slower. Drawing from the most current research on aging and sports performance, Joe Friel--America's leading endurance sports coach--shows how athletes can race strong and stay healthy well past age 50. In his groundbreaking book Fast After 50, Friel offers a smart approach for athletes to ward off the effects of age. Friel shows athletes how to extend their racing careers for decades--and race to win. Fast After 50 presents guidelines for high-intensity workouts, focused strength training, recovery, crosstraining, and nutrition for high performance: How the body's response to training changes with age, how to adapt your training plan, and how to avoid overtrainingHow to shed body fat and regain muscle densityHow to create a progressive plan for training, rest, recovery, and competitionWorkout guidelines, field tests, and intensity measurementIn Fast After 50, Joe Friel shows athletes that age is just a number--and race results are the only numbers that count.With contributions from: Mark Allen, Gale Bernhardt, Amby Burfoot, Dr. Larry Creswell, John Howard, Dr. Tim Noakes, Ned Overend, Dr. John Post, Dr. Andrew Pruitt, and Lisa Rainsberger.

## Book Information

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## Customer Reviews

“Joe Friel is arguably the most experienced personal cycling coach in the U.S.”  
Bicycling magazine “Fast After 50 is the best of this year’s batch of practical books on science and performance. A great overview of the science of endurance training

for anyone, but particularly focused on how to adapt as you get older. Solid advice, clearly presented.

Runner's World "One of the most trusted coaches in triathlon."

LAVA magazine "Joe Friel is one of the world's foremost experts on endurance sports. You can, in fact, be fast after 50."

Outside magazine "Read Fast After 50 to learn more about the effects of aging on athletic performance and how you can be a competitive endurance athlete as you get older."

Triathlete magazine "To say that Joe Friel knows a thing or two about how to ride a bicycle and stay fast would be a severe understatement. And with his firsthand knowledge as a 50-plus athlete, he has published Fast After 50 which continues to be a boon for the many cyclists looking to stay fit as they age."

Road Bike Action "For those who are accepting that growing older means slower and less, Fast After 50 might change your mindset and give you a new lease on life. The book offers a smart approach to warding off the effects of age. It contains much that will put your mind at rest and much more than will inspire you to work out with more vigor and confidence."

Athletics Weekly "Athletes bent on defying the aging process will want to get their hands on Joe Friel's Fast After 50. Friel's book is jam-packed with sound advice that would benefit younger athletes as well. Fast After 50 is a gold mine of accessible info for all athletes and possibly the newest bible for the aging athlete."

Canadian Running "Cyclists set on defying the aging process will want to get their hands on Joe Friel's Fast After 50."

Canadian Cycling magazine "The aging process is something none of us can avoid, but with the help of Joe Friel and his book Fast After 50 we might be able to fight off the degeneration or at least understand the process."

Pezcyclingnews.com

For every endurance athlete who wants to stay fast for years to come: cyclists, runners, swimmers, skiers, rowers, triathletes Getting older doesn't have to mean getting slower! Drawing from the most current research on aging and sports performance, Joe Friel--America's leading endurance sports coach--shows how athletes can race strong and stay healthy well past age 50. By training to ward off the effects of age, athletes can extend their racing careers for decades--and race to win. Fast After 50 presents proven guidelines for high-intensity workouts, focused strength training, recovery, crosstraining, and nutrition for high performance: How the body's response to training changes with age, how to adapt your training plan, and how to avoid overtraining How to shed body fat and regain muscle density How to create a progressive plan for training, rest, recovery, and competition Workout guidelines, field tests, and intensity measurement Read this groundbreaking book and you'll see that

with the right approach, age is just a number--and race results are the only numbers that count. With contributions from: Mark Allen, Gale Bernhardt, Amby Burfoot, Dr. Larry Creswell, John Howard, Dr. Tim Noakes, Ned Overend, Dr. John Post, Dr. Andrew Pruitt, and Lisa Rainsberger. Joe Friel is the best-selling author of more than a dozen books for athletes. He is also a masters multiple champion and has coached winning athletes of all ages and abilities from novice to elite, both amateur and professional.

There is no question about the knowledge, experience, and popularity of Joe Friel. This book however, is the least helpful and weakest of his efforts. Like most other self help books, the entire message can be boiled down to 1-2 sentence message, in this case it is that the LSD (long slow distance) rides, so called "junk miles" that most of us use do not have the impact on our fitness that we would like or hope but rather one needs to add high intensity interval training to increase or maintain (against aging-induced losses) fitness. We all know this don't we? If you do not already lift weights to increase strength, he tells you to do that too but leaves you to find out how to do this on your own. The addition of scattered citations from the scientific literature are used to provide authority and endorsement but glaringly appear to be cherry-picked to support his views. Rarely, if at all, is it the case in the real scientific world (I'm a research scientist) that all work supports your view hence - likely cherry-picked. If you own any of his other training books, you already have everything that is in this one. Really nothing new here - sorry Joe.

this is the book I wanted to read. the book is not about how to remain fit etc but how to keep and improve your accomplishments in spite of aging. I simply enjoyed every minute of it even if at times it was too 'scientific' for me. I was not familiar with many of the measurements in the book but the style and the spirit of the book suited me exactly. I learned a lot from the book and most important understood that if I insisted on playing on the edge and get away from injuries, I could do it and that I'm not alone in my frenzy, there are many others like me. Thank you, Friel.

Awesome book. Friel has a rare talent. He can transmit practical scientific knowledge in everyday terms. He confirms what many of us north of 50 know- you can still race fast but you have to be ready to dial up the intensity in workouts. The book transcends any one sport but certainly applies to triathlon and endurance events. Some good real life sample workouts and nutrition tips included.

Great help in keeping an older athlete reaching and showing us how to change the way we train as

we age to stay strong and competitive. Big take away is use it or lose it. Joe backs up his writing with tons of research and 30+ years of experience. Bought the e book first and then the hard copy it is such a great resource. This has changed the way I train, eat and live. Cannot recommend it enough to anyone trying to reach a higher level of fitness.

Joe Friel has put together some great books and passing his knowledge of the sport of cycling and how you can compete at a high level over the age of 50.

Society puts such a premium on youth and performance, which makes lots of sense, but this book helps steer we other athletes into new thought processes about what it looks like to age well, race well, live well. Puts a lot of practical concepts into perspective and helped me rethink some of my training.

I don't know how many books I have from Friel. They're all good.

Interesting perspective.

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