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50/50: Secrets I Learned Running 50 Marathons in 50 Days

50 Marathons 50 Days The secrets to super endurance DEAN KARNAZES With Matt Fitzgerald
5050_HC_text_2p.indd 3 2/17/08 1:30:26 PM First published in Australia and New Zealand in 2008 by Allen & Unwin First published in 2008 by Wellness Central, an imprint of Grand Central Publishing.

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50 Web Design Secrets - Ben Hunt

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This book is about the Endurance 50, when Dean Karnazes took on 50 marathons in 50 states over 50 days. Unlike Dean's first book, this is probably 50% sports auto-biography and 50% running guide with tips on topics like nutrition, training regimes, shoe election and stretching.

50/50: Secrets I Learned Running 50 Marathons in 50 Days

Basically, 50/50 is a day to day account of each marathon that he ran in his 50 marathons in 50 days challenge. It was a great book, but it repeats a lot of info he put in Ultramarathon Man. Also, you kind of notice that he's starting to go from running as a passion to running as a career.

50/50: Secrets I Learned Running 50 Marathons in 50 Days

op 50 Afer 50: e os mporan ecres o Liing Longer Happier! 1 CHAPTER 1 Optimal Nutrition for Optimal Aging Staying healthy is the foundation to aging well.

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