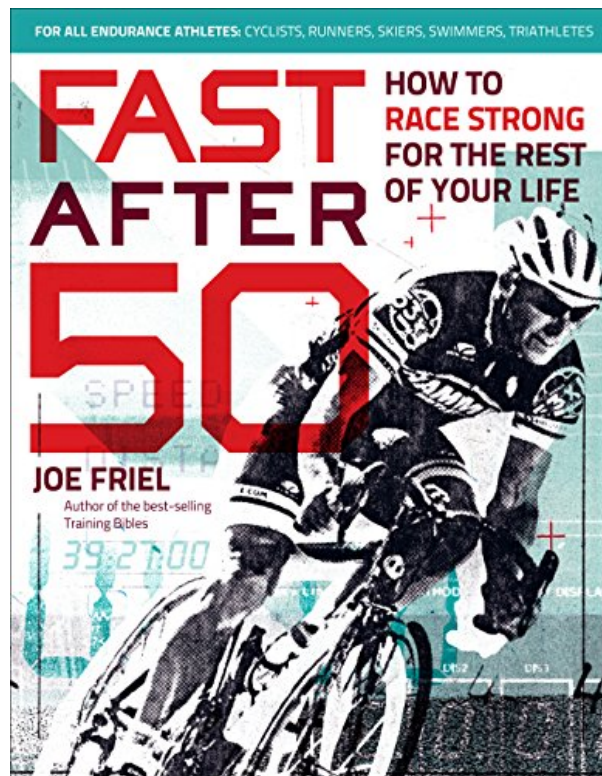
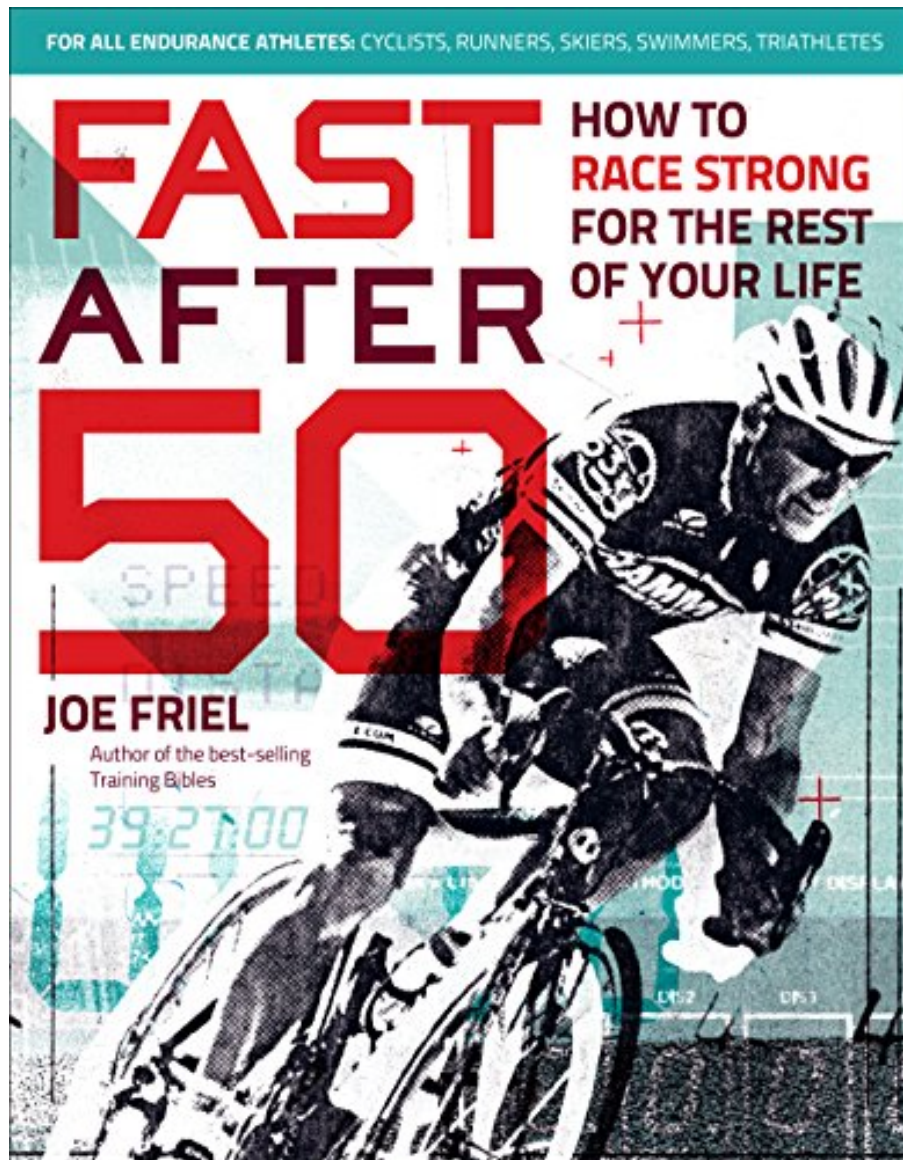


FAST AFTER 50: HOW TO RACE STRONG FOR THE REST OF YOUR LIFE BY JOE FRIEL



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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.

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Most helpful customer reviews

147 of 161 people found the following review helpful.

Like most other self help books

By John

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.

12 of 12 people found the following review helpful.

Feeling disappointed....

By MJE

I too had pre-ordered this book and at the moment I am stalled on chapter 6 , Advanced training. Joe did a great job in the earlier chapters with the build up and promise of answers. I have read chapter 6 several times as the next section is recovery and I am thinking well is that it as far as training goes? There still seems to be so many questions still unanswered, especially from a multisport triathlon training perspective. The 7 and 9 day training week examples seem more single sport applicable and all you seem to gain is more recovery days. How do I tick off all the things I need to do to train 3 sports within the period ? How many days long can the training week be before too many days have passed before you repeat a session. Overall I am feeling a bit disappointed the book did not deliver what I hoped. Maybe the remaining chapters will compensate? The only other thing I learned is maybe I should go back to focusing on just cycle time trials as

masters time trialists seem to maintain their fast times longer than similar aged runners and swimmers according to data presented in the book.

21 of 25 people found the following review helpful.

A comprehensive and detailed guide to development of athletic excellence for the senior endurance athlete
By Le Manchot

Ageing and the impact of ageing on the competitive athlete beyond age 50 is something that has not been written about in book form before. Friel has undertaken a substantial task and done a very good job with the subject matter. The physiologic changes that negatively affect athletic performance beyond age 50 (and to a lesser extent beyond age 40) are fairly drastic as any committed senior athlete can tell you. Friel develops a detailed framework to allow one to understand these changes and the ramifications on performance and then offers a training approach to slow down or possibly even delay the rate of decline. The current state of understanding is nicely summarized in a quote from page 108 of the book:

“This brings us back to the big three- the primary determiners of performance decline with age according to sport science. To refresh your memory, these are declining aerobic capacity, increasing body fat, and loss of muscle mass.”

Friel’s recipe for combating age-related performance decline therefore involves a primary focus on high-intensity workouts, methods for reduction of body fat, and heavy load strength workouts. It is proposed that these three areas are the keys to high performance as a senior athlete.

The book is structured in two parts where Part I (about 1/3 of the book) reviews the literature and describes Friel’s own experience with physiologic changes going on in the human body. This establishes a base-line of what we are up against. Part II describes the various ways that the changes discussed in Part I can be addressed from the perspective of a competitive athlete. Part II includes a substantial amount of guidance on training plans and suggested workouts (along with good appendices that elaborate on work outs in greater detail) as well as discussions of diet and recovery. It is quite comprehensive, if you subscribe to this style of training.

Friel has done a good job of dancing around the whole “diet” morass that is extant. Although he lauds a so-called Paleo diet (and has co-authored a book on the subject with one of the Paleo cult’s pseudo-scientific leaders) he is quick to point out that there is no one diet that works for everyone and that the task is to determine what works for you.

Friel has written a comprehensive and detailed guide to development of athletic excellence for the senior endurance athlete. The book also provides detailed training recommendations and structures with specific work out descriptions. For the senior endurance athlete, this book will serve well as a reference and as the basis of an operative program for achieving one's potential. Highly recommended.

See all 201 customer reviews...

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