



Run for Life: The Anti-Aging, Anti-Injury, Super-Fitness Plan to Keep You Running to 100

By Roy M Wallack

Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Run for Life: The Anti-Aging, Anti-Injury, Super-Fitness Plan to Keep You Running to 100, Roy M Wallack, Over 35 and want to win your age group and run injury-free for the next 50 years or even longer? Run for Life lays out a plan to help you run to 100. Traveling the running world from Kenya to Tahiti and Boston to Badwater in search of the keys to super-fit running longevity, Wallack tests new running methods, products, and fitness regimens, and talks to the world's top coaches, athletes, and researchers as he develops a science-backed, time-efficient strategy for long-term running fitness. Featuring 10 extensive oral-history interviews with super-fit, all-time greats, such as Frank Shorter, Bill Rodgers, and Dr. Kenneth Cooper, Run for Life brims with ground-breaking innovations, including:

- Soft Running: A bio-mechanical overhaul that reduces knee-shock by 50%
- A Call to Arms: A cheap, simple handgrip that automatically perfects your form
- HGH Strength Training: Fast, high-intensity resistance exercises that stop age-related muscle deflation and build speed, power, balance, and quick-reaction time by jacking up the natural release of human growth hormone
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