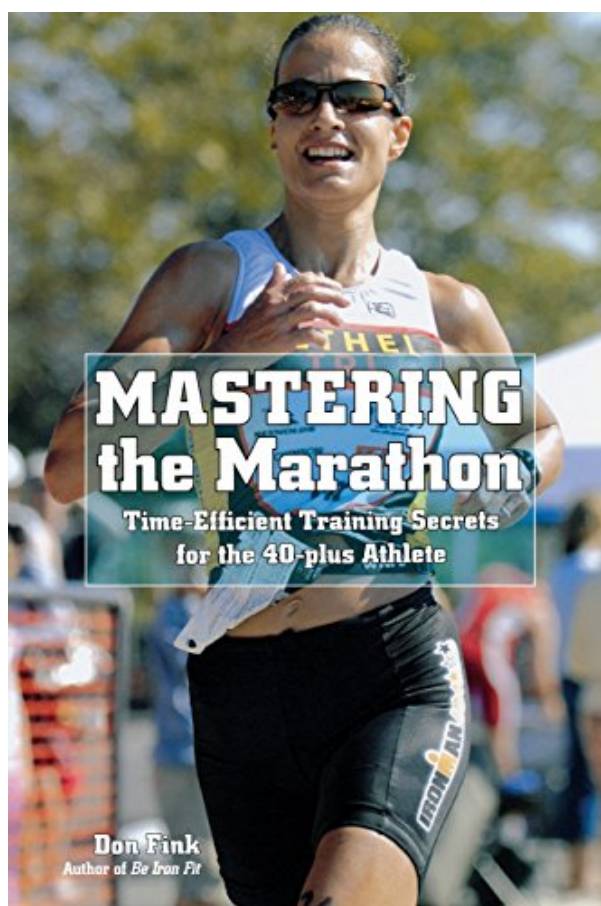
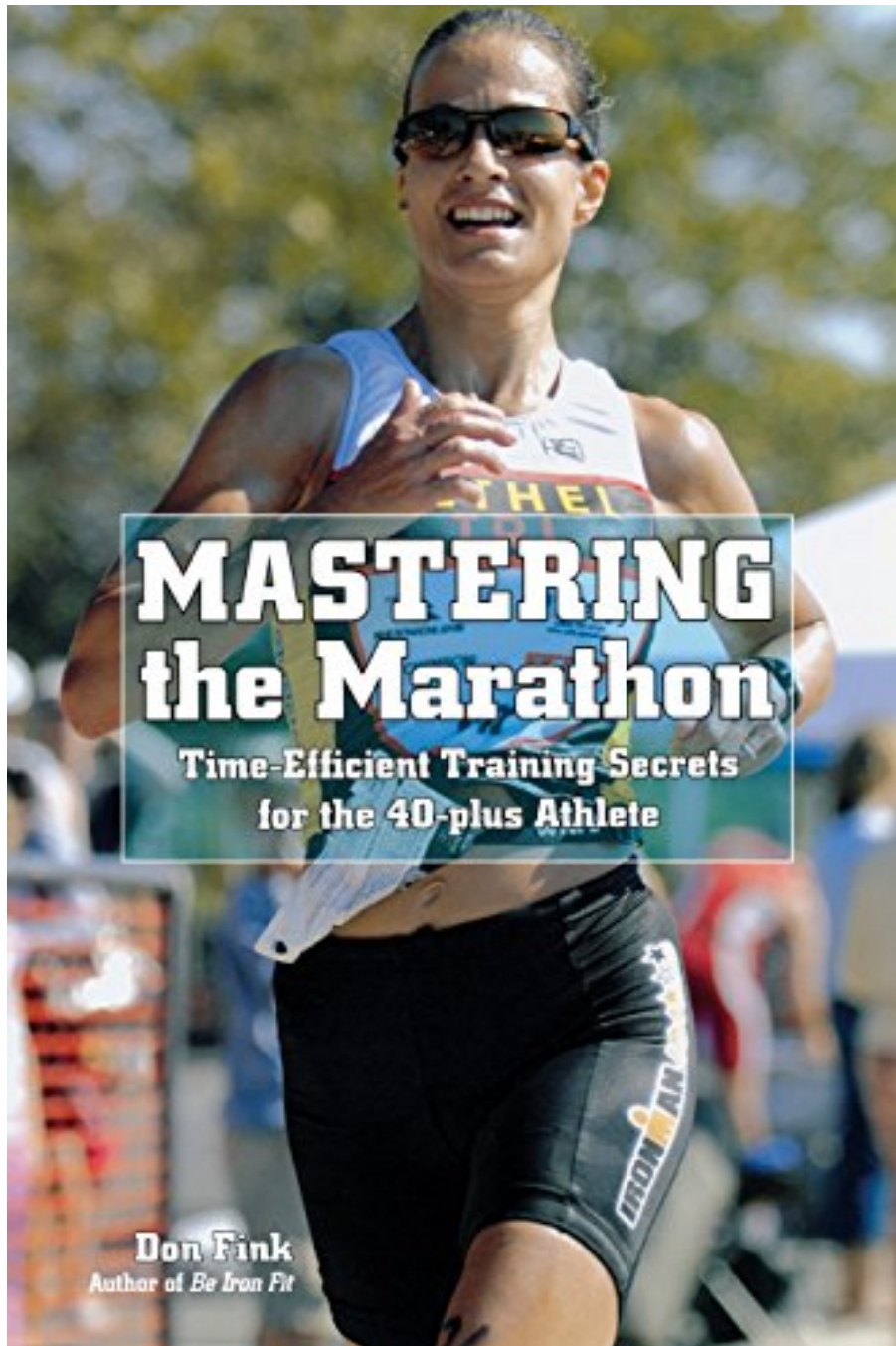


# MASTERING THE MARATHON: TIME-EFFICIENT TRAINING SECRETS FOR THE 40-PLUS ATHLETE BY DON FINK



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## Review

Praise for author's previous book, Be IronFit:

"Most how-to books are too technical or too shallow. Don Fink manages to pen a unique combination of information, anecdotes, and readability. I enjoyed the read and learned a few valuable tidbits in the process. Well done!" —Scott Tinley, two-time Ironman World Champion

"Don's book certainly made me think. A truly complete book for all abilities in the sport of triathlon that leaves no subject untouched." —Spencer Smith, three-time Triathlon World Champion

## From the Back Cover

The ideal resource for athletes age forty and older who seek faster times and fewer injuries

More than half a million Americans, and millions more worldwide, attempt a marathon every year. Around half are forty years old or older—athletes whose passion increasingly turns to frustration as they mature, with slower finishing times and more injuries. And yet, until now, there has been no book written specifically for them. In Mastering the Marathon, champion forty-plus endurance athlete and trainer Don Fink sets forth programs for anyone over forty—including those who enter the sport after turning forty—to prove that the challenge of a marathon is not too difficult, that the dream is not impossible.

Starting with the premise that the training methods that work for younger athletes no longer work for athletes in their forties, fifties, and sixties, Fink presents exciting new training methods and step-by-step action plans that result in faster times, fewer injuries, and more enjoyment for the forty-plus marathoner. Including photos and profiles of successful older athletes, Mastering the Marathon also provides an illustrated exercise program for core and functional strength, ways to avoid common training and racing mistakes, recovery methods unique to forty-plus athletes, secrets to staying injury-free, and much more.

## About the Author

Don Fink is an internationally known triathlon and running coach/trainer and the author of the popular triathlon training book, *Be IronFit: Time-Efficient Training Secrets for Ultimate Fitness* (Lyons Press). He trains endurance athletes on five continents through his business: IronFit ([IronFit.com](http://IronFit.com)). Don is also an elite athlete; his time of 9:08 at the 2004 Ironman Florida is one of the fastest times ever recorded by an athlete in the 45-49 age group.

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#### Most helpful customer reviews

10 of 10 people found the following review helpful.

A Very Easy to Understand and Follow Marathon Training Book

By DJL

I found this book to be thoroughly readable, filled with useful information and even entertaining. The writing is clear, concise and accessible to the average reader. It is not filled with jargon so that as a novice I felt comfortable reading the book and fully understood the plans and techniques set forth. The personal stories about different runners were fun to read and quite inspiring as well.

Don walks you through the entire marathon process with special sections on everything from equipment to stretching with special attention to race day nutrition and hydration. I found these sections to be both useful and reassuring. However, the best part of the book is the training plan and descriptions. As a working parent with two kids my training time is limited so I need to make the most of each training session. In clear detail, Don shows how to make each session count and avoid the "junk miles." That alone is a reason to purchase the book and follow the plan.

I am 100% confident that this book will make me a better runner just as *Be Iron Fit* has improved my triathlon training beyond my expectations.

14 of 15 people found the following review helpful.

Perfect for masters-level athletes

By Long Distance Man

Don Fink's book is perfect for athletes who want to keep improving after turning 40. I've run 12 marathons, hit 40 and felt like I was plateauing. With Don's program, I feel stronger and healthier (and no nagging injuries!). I highly recommend this book for anyone who runs, regardless of the skill level. Fink's philosophy works for athletes at all levels, from elite to middle-of-the-pack. Try it! It will put you on the road to your ultimate potential.

6 of 6 people found the following review helpful.

Three Magic Bullets - worth reading for any age not just 40+

By Brian M

Saw this on a friend's list and since I fit the profile (over 40, training for a marathon) I thought I'd give it a shot. The author, Don Fink, is a tri-athlete holding one of the fastest times ever recorded by an athlete in the 45-49 year old category. I'm halfway through the book and so far so good. The author's main theme is what he calls the "Three Magic Bullets" (TMBs) for training. These are the Marathon Pacing Session, the Long Run, and Higher-intensity Repeats. My wife is a runner so I was already familiar with the concepts but Don Fink's analysis and explanation are worth reading.

Don Fink also advocates for training with a heart rate monitor as your heart rate is a good indicator for your body's thresholds for handling aerobic and anaerobic activity - both critical aspects for clearing lactic acid buildup and for energy storage and consumption. I haven't tried this yet but I'm convinced it's worth trying.

Skipping ahead there is a section on nutrition and diet and the importance of weight maintenance. I've learned from experience that being even a few pounds lighter makes a significant difference in my running so I look forward to seeing what the author has to say.

I also enjoy his profiles of different 40+ athletes throughout the book; they provide some additional inspiration.

See all 33 customer reviews...



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