



50/50: Secrets I Learned Running 50 Marathons in 50 Days -- and How You Too Can Achieve Super Endurance!

Dean Karnazes

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Dean Karnazes has run 350 continuous miles through three sleepless nights, ordered pizza during long runs, and inspired fans the world over with his adventures. So what does a guy like this do when he wants to face the ultimate test of endurance? He runs 50 marathons in 50 states-- in 50 consecutive days.

With little more than a road map and a caravan packed with fellow runners and a dedicated crew, Dean set off on a tour that took him through a volcanic canyon in Maui in high humidity and 88-degree heat; to an elevation gain of almost 4,000 feet at the Tecumseh Trail Marathon in Bloomington, Indiana; to a severed moose leg found alongside an Anchorage, Alaska trail that compelled him to sprint for safety.

Now in this heart-pounding book, Dean reveals how he pulled off this unfathomable feat with a determination that defied all physical limitations. But Dean goes beyond the story of the Endurance 50 marathons to share his invaluable secrets and advice for athletes of all levels. These are the tips that kept Dean going during the 1,310 miles he covered and 160,000 calories he burned while averaging sub-four-hour marathons and often sleeping fewer than four hours each night. Learn how to:

- Recover more quickly
- Adapt to extreme conditions
- Prevent muscle cramps and overheating
- Pace yourself when you "hit the wall"
- Stay motivated

Packed with practical advice and including training regimens, *50/50* will inspire you no matter what your fitness goal is, whether it's simply walking around the block, running a 10K, or completing yet another Ironman.

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Pamela Dudley:

This 50/50: Secrets I Learned Running 50 Marathons in 50 Days -- and How You Too Can Achieve Super Endurance! book is not really ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is usually information inside this guide incredible fresh, you will get info which is getting deeper you read a lot of information you will get. This kind of 50/50: Secrets I Learned Running 50 Marathons in 50 Days -- and How You Too Can Achieve Super Endurance! without we realize teach the one who reading through it become critical in imagining and analyzing. Don't end up being worry 50/50: Secrets I Learned Running 50 Marathons in 50 Days -- and How You Too Can Achieve Super Endurance! can bring if you are and not make your tote space or bookshelves' turn into full because you can have it within your lovely laptop even mobile phone. This 50/50: Secrets I Learned Running 50 Marathons in 50 Days -- and How You Too Can Achieve Super Endurance! having good arrangement in word along with layout, so you will not sense uninterested in reading.

Nathan Kelly:

The book 50/50: Secrets I Learned Running 50 Marathons in 50 Days -- and How You Too Can Achieve Super Endurance! will bring you to definitely the new experience of reading a new book. The author style to explain the idea is very unique. In the event you try to find new book to see, this book very suited to you. The book 50/50: Secrets I Learned Running 50 Marathons in 50 Days -- and How You Too Can Achieve Super Endurance! is much recommended to you to study. You can also get the e-book from the official web site, so you can easier to read the book.

Travis Freeman:

The book 50/50: Secrets I Learned Running 50 Marathons in 50 Days -- and How You Too Can Achieve Super Endurance! has a lot details on it. So when you read this book you can get a lot of help. The book was written by the very famous author. Tom makes some research previous to write this book. This kind of book very easy to read you will get the point easily after reading this article book.

Ralph Capra:

Playing with family in a park, coming to see the sea world or hanging out with buddies is thing that usually you have done when you have spare time, after that why you don't try factor that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love 50/50: Secrets I Learned Running 50 Marathons in 50 Days -- and How You Too Can Achieve Super Endurance!, you can enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't buy it, oh come on its referred to as reading friends.

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