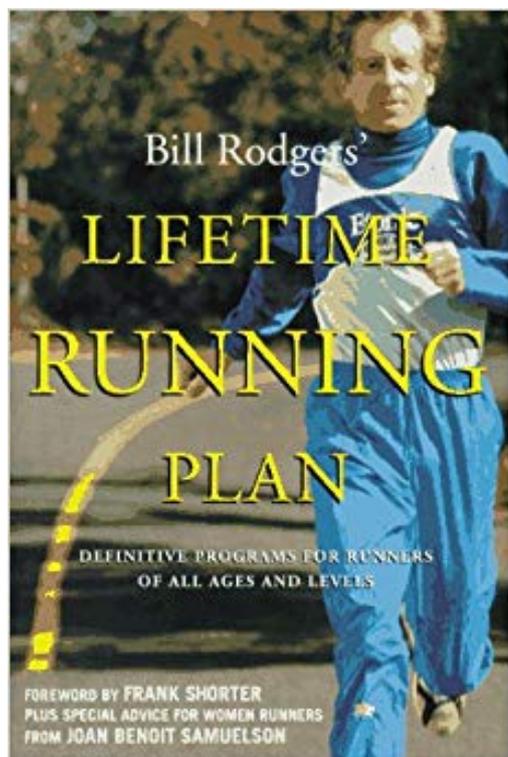


Bill Rodgers' Lifetime Running Plan: Definitive Programs for Runners of All Ages and Levels *by* Bill Rodgers



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Author: Bill Rodgers

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There are some who say the popularity of running in America took off after Bill Rodgers won his first New York Marathon in 1976. Certainly his record is unparalleled. Rodgers is the only runner to win the New York and Boston marathons four times each and the only runner to win all three of the world's major marathons within a twelve month period. More than twenty years later, as he nears the age of fifty, "Boston Billy" remains one of the brightest stars among America's world-class long-distance runners. He is the holder of 16 master records (for runners over the age of 40) while 18 records he set in his prime years remain unbroken

The sport of running is a lifetime pursuit. There are an estimated 22 million active runners in the U.S. -and half are over the age of 35. In Bill Rodgers Lifetime Running Plan, Rodgers lays out a program that the reader can "buy into" at any age, whether the reader is 16 or 65.

This book suggest regimens and strategies specifically tailored for the different age groups. The text covers the full spectrum of issues for runners - from getting started to countering the effects of aging. Diet, clothing, and shoes, racing strategies, injury treatment, and how to fit running into a busy schedule are a few of the many topics covered in Bill Rodgers Lifetime Running Plan. Features include a special section of tips and advice for women from Frank Shorter, resources for runners, performance tables, and inspirational profiles of runners of all ages and levels.



Reviews of the **Bill Rodgers' Lifetime Running Plan: Definitive Programs for Runners of All Ages and Levels** by **Bill Rodgers**

Hi_Jacker

A book of history by one who created a lot of it! I liked the product very much! It was exactly what I wanted. Product was delivered fast, was as described and received professional service!

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Tojahn

A lot of times, Rodgers offers a lot of biased information with occasional reminders of how lucky and blessed he is to have strong, durable connective muscular tissues. Other times, he will remind you of his VO2 max, how many miles he runs a week either in his heyday or current, how he sucks in speedwork, and so on. In between, information presented by the Boston Champ, you surely can find the same in any Runner's World magazine. Just pick any, they are all the same to me. At any cost, avoid this book; kinda surprising, with these padded down training tips, that he actually won the coveted premier marathons (surely, there must be more to it than that).

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Ironfire

Since, like the author, I am a runner over the age of 50, I felt this book really provided valuable information on training. I especially liked the discussion on weight training. Bill encourages a moderate approach to lifting, which I agree is better than the more intensive weight training that seems to be the norm these days. I highly recommend this book to runners of all levels.

Ironfire

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