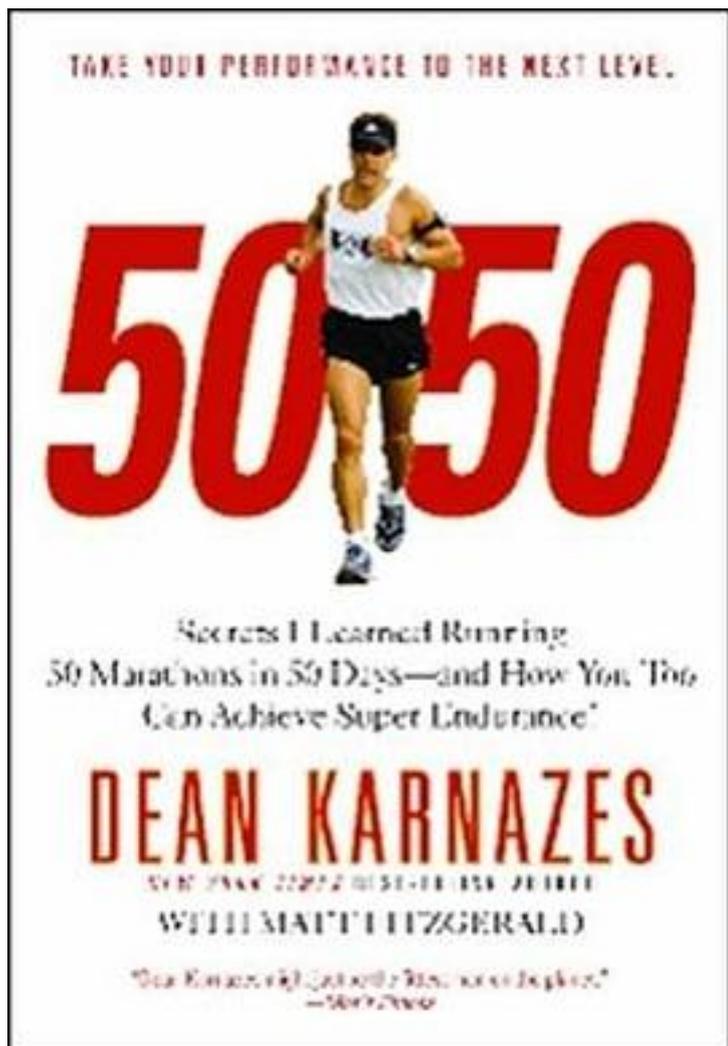


50/50



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著者: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.

作者介绍:

目录:

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标签

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评论

软广告过多；从书中可以获得有益的训练计划以及辅助恢复的建议与食物；可与村上的跑步书相互印证：跑步是为了把自己对自己的怀疑与不确定感统统打破，再重组一个更自信、更好的自己；如果跑步是为了实现一项外在的目标，如减肥后或得某人好感，那么你跑步的动力就不会很持久；你将会从为了由内在开始的改变与提升自己中，获得源源不断的动力

买的时候就读到评论，说这本书没有作者上一本《Ultramarathon Man》好，所以也没有太失望，主要问题可能是软广告太多了，另外纪录的事件没有什么情节，五十个马拉松让Dean跑起来轻车熟路，困难都是行程安排方面的，却少了一些跑步本身的乐趣。

It is astounding that human body can be so resilient and go so much farther than we could ever imagine.

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书评

