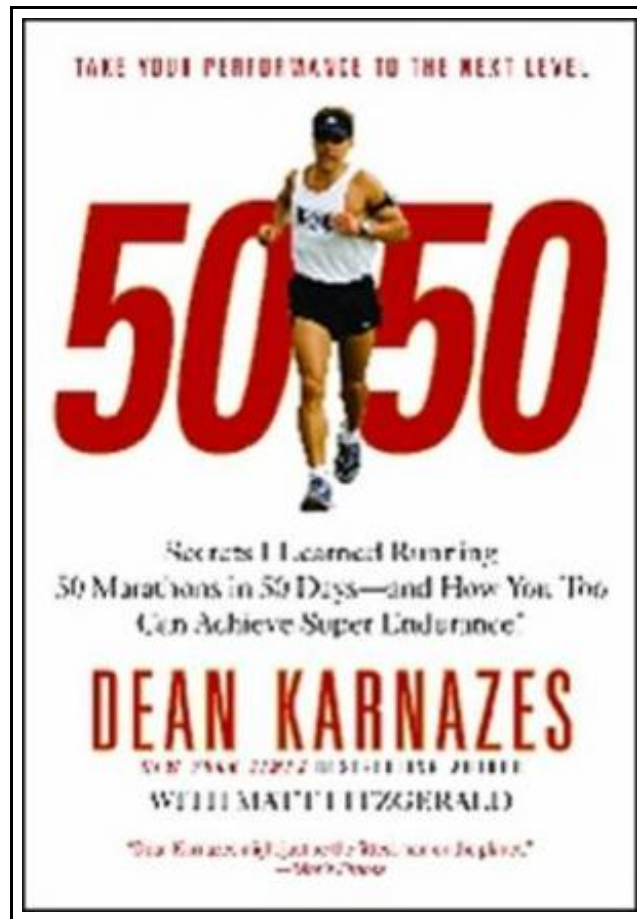


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Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, 50 Secrets I Learned Running 50 Marathons in 50 Days, Dean Karnazes, Matt Fitzgerald, Dean Karnazes has run 350 miles through 3 sleepless nights, ordered pizza during long runs and inspired fans the world over with his adventures. So what does such a man do when he wants the ultimate test of endurance? He runs 50 marathons, in 50 states - in 50 consecutive days. Armed with a road map, a caravan of fellow runners and a dedicated crew, Dean set off on a tour that took him through a volcanic canyon in Maui in high-humidity, 88-degree heat; to an elevation gain of almost 4,000 feet at the Tecumseh Trail Marathon in Indiana to a severed moose leg found alongside a trail in Alaska that compelled him to sprint for safety. Dean shares the secrets of how he pulled off this amazing feat with a determination that defied physical limitations. Tips that kept Dean going during the 1,310 miles he covered include how to recover more quickly, adapt to extreme conditions, prevent muscle cramps and overheating, pace yourself when you hit the wall and stay motivated. Complete with training regimens and packed with practical advice, 50/50 will inspire you no matter what your current fitness goal, whether it be walking around the block or completing an Ironman.



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