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Read the Code of the Samurai? [Mental Skills Books] Warmup playalong! Short Interval Blocks for Endurance Athletes- Part1 Short Interval Blocks for Endurance Athletes- Part 3

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One Book That Every Serious Athlete MUST READ! (Relentless by Tim Grover)

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David Sinclair Is

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Extending Human  
Lifespan | Rich Roll  
Podcast

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The Mindset of a  
Champion with  
Legendary Tennis  
Coach Nick Bollettieri  
The New Fountain of  
Youth - Strength  
Training for Seniors  
The Athlete Book  
Explained for Student-  
Athletes [Eng Sub]  
Run BTS! Ep 69 Full



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Episode Sixty Years

An Athlete Part

In the autumn of

1955, as a four year

old boy, Mike Harris

had his very first race

- he finished 3rd from

3! Advance 60 plus

years to the spring of

2016 and now just

three months short of

his 65th birthday,

Mike had yet another

race, literally one of

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thousands since  
1955, but this time,  
despite his advancing  
years, and unlike his  
first outing so long  
ago, he finished 1st.

Sixty Years an  
Athlete: The life and  
times of an ...  
True, the 60 and  
70-year-olds aren ' t  
the overall winners.  
Beat Knechtle – a

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doctor at the  
University of Zurich  
and an Ironman  
himself – has found  
the top Ironman and  
ultra-marathon  
athletes ...

Human body: The  
' ultra-athletes '  
aged 60+ - BBC  
Future  
What makes the  
athletes described

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above unique? Part

They ' re 68, 90, and  
95 years old. In honor  
of their

achievements, and to  
celebrate the athlete  
in all of us, we ' re  
profiling eight  
athletes over the age  
60 who continue to  
push themselves to  
achieve remarkable  
physical feats.

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Superstar athletes  
over 60 |  
Considerable  
i ' m 60 and have  
been running for  
over 40 years. very  
few injuries except  
more recently due to  
less flexibility, so i  
have to make sure i  
do proper warm up  
and cool down. over  
the years, i ' ve taken  
supplements

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consistently ie Part  
various amino acids,  
co q 10, etc., and i  
know that they have  
made a difference in  
quality of workouts  
and recovery.

5 Things Aging  
Runners Need To Do  
In Your 50s, 60s, and  
...

Lynn Schulman:  
CrossFit Open ('14,

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'15), Age 64. Lynn was urged to do the CrossFit Open by her coaches at her CrossFit in Fort Lauderdale, Florida. She wasn't exactly sure what she was signing up for, but she is always up for a new challenge.

Two Over-60 Athletes  
Who Prove You Can

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Compete at Any Age

## 2: Just Filling In

A: First, well-done on training and racing triathlons into your 60s! You are on the right track by having an off-day each week.

A general rule of thumb is that each hard or long training session should be followed by either an active recovery or



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rest day. For older athletes, an extra easy or recovery/rest day may be required.

Triathlon Training  
And Recovery Advice  
for Ages 60 ...

Now, 25 years later, she is living proof that life after 50 can be filled with vitality, energy and new experiences. Exercise

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came more naturally to long-distance swimmer, Diana Nyad, but, her story is no less inspirational. In August, 2013, at the age of 64, Diane became the first person to swim from Cuba to Florida without the aid of a shark cage.

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Athletes Can Teach  
Us About... - Sixty  
and Me

The majority of the available evidence on the ergogenic effects of dietary protein has been generated from studies in younger athletes and very few involved older athletes. The most current recommendations for

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protein nutritional  
support for  
strength/power  
range from  
1.2-1.7g/kg/per day  
and are analogous to  
those for endurance  
athletes.

Dietary protein  
requirements for  
older athletes  
The hard part about  
this for maturing

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athletes that job  
and family  
responsibilities may  
make getting to bed  
early difficult. You  
need to make a  
choice as to the type  
of life you want to  
lead. If you ' ve made  
the decision that you  
want to live a  
healthy, fit life, then  
going to bed early is  
part of it.

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An Athlete Part  
You're Not 20  
Anymore: 2 Tips for  
Older Athletes ...

The caveat is that with the muscle loss that is inevitable, hills can knock you about. I finished the last hill at IMC on one leg (to all intents) because of bad advice (that I was silly enough to take) about gearing. Never

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Ask a 30 year old for  
advice if you are 60.  
Ask a seventy year  
old. Running is where  
I think most older  
competitors lose ...

For you 60-65 year  
old triathletes:  
Triathlon Forum ...  
In 1986 she  
completed the  
Ironman in 13 hours  
and 23 minutes,

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setting a record in  
the 50-to-59  
women's age group.  
She is the six-time  
champion for the  
Triathlon Federation  
U.S.A. and holds an ...

A Triathlete at Age  
60: Defying the  
Expected - The New ...  
Jack wasn't worried  
about being an  
athlete but desperate



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to improve his fitness  
to improve his  
chances of living  
another year. Today,  
Jack is the 2 time A-X  
Games Champion!  
He's unleashed his  
inner athlete, a  
biproduct of A-X  
training. Ripped and  
muscular 24/7/365,  
Jack has never put  
back on the weight  
he lost over 4 years

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The Best Day by Day  
Workout Program for  
Men - ATHLEAN-X

As one 62 year old  
female Philly athlete  
to another ~ well  
done! This truly  
resonated with me. I  
run, swim, lift, and  
use a speed jump  
rope several times a  
week.

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Confessions of a  
60-year old Athlete |  
by Phyllis Coletta ...

The decreasing water percentage through the years is due in large part to having more body fat and less fat-free mass as you age. Fatty tissue contains less water than lean tissue, so your weight ...

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Body Water  
Percentage: Average,  
Ideal, How to  
Maintain and ...

If These 60-Year-Olds  
Can Do CrossFit, You  
Can Go to the Gym ...  
GQ takes a look at  
what pro athletes in  
different sports eat  
on a daily basis to  
perform at their best.  
Here's a look at the

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## 2 Just Filling In The S

If These 60-Year-Olds  
Can Do CrossFit, You  
Can Go to the Gym  
Researchers study 12  
patients who  
underwent ACL  
reconstruction. All  
were over 60 years  
old, and they  
averaged 61 years of  
age at the time of  
surgery. They

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followed the patients  
for over four years.  
None of the patients  
exhibited arthritis  
changes on x-rays  
before surgery.

Outcomes of ACL  
surgery in patients  
older than 60

Should you have ACL  
surgery if you are  
older than 60? | Dr ...  
Part of the fun of

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watching the  
Olympics are all the  
inspirational athletes  
displaying their  
talents. As our  
television screens are  
dominated by the  
sweat and tears of  
teens and  
20-somethings (with  
a few exceptions of  
course, such as these  
10 Olympic qualifiers  
older than 40), we at

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Huff/Post50 were  
inspired to dig up  
some more incredible  
“ silver ” athletes.

Inspirational

Athletes: 10 Master  
Athletes Older Than  
50 ...

60-79: 24-35%: Ideal  
body fat percentage  
for men ... For  
example, this BMI  
calculator from the



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CDC is appropriate  
for adults 20 years  
and older. ... a  
muscular athlete may  
have a higher BMI ...

Ideal Body Fat  
Percentage: For Men  
and Women  
If the oldest boomer  
is now 62 years and  
we know that even  
the “ best of the  
best ” senior athletes

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begin to significantly  
slow around age 75  
then we only have 13  
years to help people  
age more...

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