

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



In the Fall of 2006, Dean Karnazes, known as the Lance Armstrong of the running world, took on the ultimate challenge: running 50 marathons in 50 states in 50 consecutive days. Dean set off in a caravan packed with fellow runners, with nothing more than a roadmap and a determination that defied all physical limitations. But 50/50 goes beyond the incredible story of those 50 marathons. It is a firsthand, fascinating story of what its like to push the limits of strength under grueling conditions - and how Dean Karnazes pulled off the extraordinary. This audiobook is also packed with Deans secrets, which runners everywhere will want to know. These include what to do when you hit a wall, how to adapt quickly to drastic terrain, how to get motivated after a really tough day, and the best diet and exercise tips to improve your own best time. Complete with Deans practical tips on building endurance, this audiobook will appeal to marathon runners and athletes everywhere, as well as to listeners who crave an inspiring story of incredible accomplishment.

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