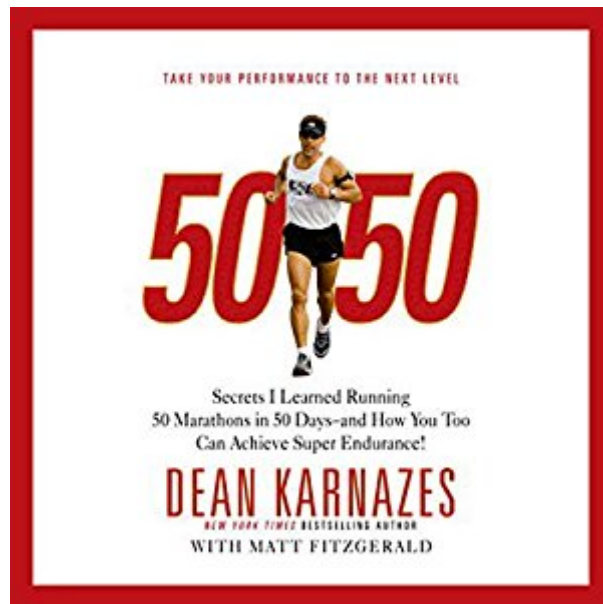


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# 50/50: Secrets I Learned Running 50 Marathons In 50 Days - And How You Too Can Achieve Super Endurance!



## Synopsis

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. --This text refers to the Paperback edition.

## Book Information

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## Customer Reviews

I didn't enjoy this book as much as Ultramarathon Man, but it's still a good read. This book is about

the Endurance 50, when Dean Karnazes took on 50 marathons in 50 states over 50 days. Unlike Dean's first book, this is probably 50% sports auto-biography and 50% running guide with tips on topics like nutrition, training regimes, shoe election and stretching. The inclusion of so much advice seems a bit odd, but presumably these are the sorts of things that Dean gets asked about on a regular basis. Dean starts the book by telling us that he is just an ordinary man with no superpowers or amazing genetic make-up. I don't know how he figures that unless the fact that he hangs out with so many other ultramarathon runners has severely skewed his perspective. He ran the 50 consecutive marathons on an average of 4.5 hours sleep a night, with a headcold and severe blisters - and he had no ill effects whatsoever. Although he claims that he wrote the book to explain how he did this, I have to admit that I finished it none the wiser. The man is amazing. Having said that I was very interested in the sections of the book where he talks about the techniques he uses to motivate himself when he doesn't feel like running or the ways that he finds the strength to keep running when he feels like he can't manage another step because it all hurts too much. And get this: when Dean finishes his 50th run in New York, he realizes that no one has booked a flight home for him to California. So he loads his gear into a baby stroller and starts running. He sleeps in parks and eats on the go, ending up in Missouri several weeks and some 1500 miles later. Then in true Forrest Gump style, he stops abruptly and decides that he misses his family and its time to go home.

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