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Documentary) *Heart of a Champion:  
Local athlete releases inspirational  
book* Why Should Athletes Read the

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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 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



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## *Full 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

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race, literally one of 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

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the overall winners. Beat Knechtle – a 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*

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What makes the athletes described above unique? 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

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taken supplements consistently ie 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 ...*

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Lynn Schulman: CrossFit Open ('14, '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.

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*Two Over-60 Athletes Who Prove You Can Compete at Any Age ...*

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



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recovery or 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

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vitality, energy and new experiences. Exercise 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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*5 Things Older 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

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Current recommendations for 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*

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The hard part about this for maturing athletes is 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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*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)

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about gearing. Never 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

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13 hours and 23 minutes, 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 ...*



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Jack wasn't worried about being an athlete but desperate 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 byproduct of A-X training. Ripped and muscular 24/7/365, Jack has never put

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back on the weight he lost over 4 years ago!

*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,

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lift, and use a speed jump rope several times a week.

*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-

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free mass as you age. Fatty tissue contains less water than lean tissue, so your weight ...

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

If These 60-Year-Olds Can Do CrossFit, You Can Go to the Gym ...

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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 diet ...

*If These 60-Year-Olds Can Do CrossFit, You Can Go to the Gym*  
Researchers study 12 patients who

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Just Filling In The Gaps  
Underwent ACL reconstruction. All were over 60 years old, and they averaged 61 years of age at the time of surgery. They 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

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*Should you have ACL surgery if you  
are older than 60? | Dr ...*

Part of the fun of 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

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20-somethings (with a few exceptions of course, such as these 10 Olympic qualifiers older than 40), we at Huff/Post50 were inspired to dig up some more incredible “silver” athletes.

*Inspirational Athletes: 10 Master*

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*Athletes Older Than 50 ... S*

60-79: 24-35%: Ideal body fat percentage for men ... For example, this BMI calculator from the CDC is appropriate for adults 20 years and older. ... a muscular athlete may have a higher BMI ...

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

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