Distance Training For Masters

#distance training #masters athletes #endurance training #running performance #training plans

Distance training for masters athletes requires a tailored approach that considers age-related physiological changes and recovery needs. This guide provides valuable insights into optimizing training programs, including periodization, intensity management, and injury prevention strategies, to help masters athletes achieve their performance goals in distance events while maintaining long-term health and well-being. It will help you avoid overtraining and achieve personal bests even later in life.

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