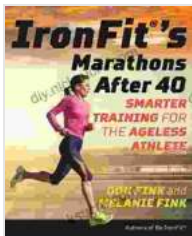


# Smarter Training For The Ageless Athlete



## IronFit's Marathons after 40: Smarter Training for the Ageless Athlete by Don Fink

★★★★☆ 4.6 out of 5

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As we age, it is important to adjust our training to maintain our fitness and health. This does not mean that we have to stop exercising, but it does mean that we need to be smarter about how we train.

Here are some tips on how to train smarter, not harder, as an ageless athlete:

### 1. Focus on compound exercises

Compound exercises are those that work multiple muscle groups at the same time. This is a great way to save time and energy, and it can also help to improve your balance and coordination.

Some examples of compound exercises include:

- Squats

- Lunges
- Push-ups
- Pull-ups
- Rows

## **2. Use lighter weights**

As we age, our muscles lose some of their strength. This is why it is important to use lighter weights when training. This will help to prevent injuries and keep your muscles healthy.

You can still get a great workout with lighter weights if you focus on increasing your reps and sets. This will help to build endurance and strength without putting too much stress on your body.

## **3. Listen to your body**

This is one of the most important tips for ageless athletes. As we age, it is important to pay attention to our bodies and how they are responding to exercise.

If you are feeling pain, stop exercising and consult with a doctor. You may need to adjust your training program or take some time off to rest.

## **4. Warm up properly**

Warming up is essential for all athletes, but it is especially important for ageless athletes. Warming up helps to prepare your body for exercise and reduce the risk of injuries.

Some examples of warm-up exercises include:

- Light cardio, such as walking or jogging
- Dynamic stretching, such as arm circles and leg swings
- Foam rolling

## **5. Cool down properly**

Cooling down is just as important as warming up. Cooling down helps to bring your body back to rest and reduce the risk of muscle soreness.

Some examples of cool-down exercises include:

- Light cardio, such as walking or jogging
- Static stretching, such as holding each stretch for 20-30 seconds

## **6. Get enough protein**

Protein is essential for building and repairing muscle tissue. As we age, our bodies need more protein to maintain muscle mass.

Aim to get 1.2-1.6 grams of protein per kilogram of body weight each day. This can be done through a combination of food and supplements.

## **7. Stay hydrated**

Hydration is important for all athletes, but it is especially important for ageless athletes. As we age, our bodies become less efficient at regulating temperature.

Make sure to drink plenty of fluids before, during, and after exercise. Water is the best choice, but you can also drink sports drinks or electrolyte-

enhanced water.

## 8. Get enough sleep

Sleep is essential for recovery and repair. As we age, our bodies need more sleep to function properly.

Aim for 7-8 hours of sleep each night. This will help to improve your energy levels, mood, and overall health.

## 9. Find an exercise buddy

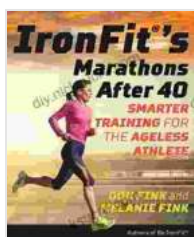
Having an exercise buddy can help you stay motivated and accountable. It can also make exercise more fun and enjoyable.

Find a friend, family member, or coworker who is also interested in getting fit. Together, you can support each other and achieve your fitness goals.

## 10. Have fun

Exercise should be enjoyable. If you are not having fun, you are less likely to stick with it. Find activities that you enjoy and make exercise a part of your lifestyle.

By following these tips, you can train smarter, not harder, and achieve your fitness goals as an ageless athlete.



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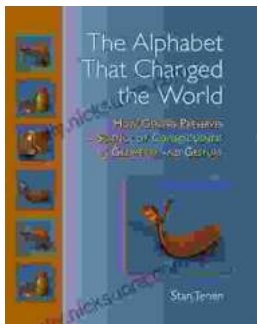
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