



# Older, Faster, Stronger: What Women Runners Can Teach Us All About Living Younger, Longer

*Margaret Webb*

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One part personal quest to discover running greatness after age 50, one part investigation into what the women's running boom can teach athletes about becoming fitter, stronger, and faster as we age, *Older, Faster, Stronger* is an engrossing narrative sure to inspire women of all ages. A former overweight smoker turned marathoner, Margaret Webb runs with elite older women, follows a high-performance training plan devised by experts, and examines research that shows how endurance training can stall aging. She then tests herself against the world's best older runners at the world masters games in Torino, Italy.

Millions of women have taken up running in recent decades--the first generation of women to train in great numbers. Women are qualifying for the Olympic marathon in their 50s, running 100-mile ultra marathons in their 60s, completing Ironmans in their 80s, competing for world masters records in their 90s. What are the secrets of these ageless wonders? How do they get stronger and faster long after their "athletic prime"? Is there an evolutionary reason women can maintain endurance into advanced years? Webb immerses herself in these questions as she as she trains to see just how fast she can get after 50.

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