

# 5050: Secrets I Learned Running 50 Marathons In 50 Days-and How You Too Can Achieve Super Endurance!

by Dean Karnazes Matt Fitzgerald

Review of 50/50 Secrets I Learned Running 50 Marathons in 50 Days 4 Nov 2010 . 50/50: Secrets I Learned Running 50 Marathons in 50 Days — and How You Too Can Achieve Super Endurance!, is a book Dean wrote (along with Matt Fitzgerald) . Discover the secrets for super endurance—from one of the fittest men on the planet! 50/50: Secrets I Learned Running 50 Marathons in 50 Days—and . 50/50 : secrets I learned running 50 marathons in 50 days - and how you too can achieve super endurance!, Dean Karnazes with Matt Fitzgerald . This book also reveals Dean's secrets and training tips, including what to do when you .

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