Training in your 40s, 50s and beyond

You recover slower and your joints are choosier. Almost everything else is the same.

What stays the same

The basics. Strength training two or three times a week. Easy cardio most days. Enough protein. Sleep.

What changes

- **Recovery can be slower.** Two hard days a week can be plenty.
- **Warm-ups matter more.** Take ten minutes.
- **Joints have opinions.** If a lift hurts, swap it. Do not push through.
- **Muscle is harder to keep.** You need more protein, not less.

A week that works

Two full-body strength sessions. Two or three easy cardio sessions. A daily walk. One day of nothing.

Strong and steady at 50+ is built this way: two strength days and a daily walk. When it gets easy, move on to Your first gym plan.

Train for the person you will be at seventy. Every session is a deposit.

SOURCES

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