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Generally if you think of an old person, it is obvious that the image of a drooping body would come to your mind. However your imagination will definitely get thrashed whenever you face any master athlete. It is bound that you would face serious change of mind when you meet with these master athletes.

A master athlete is basically senior sports person who is capable to compete with other people and the age of that person has to be over 35 years. These veteran athletes can have the opportunity to take part in the events ofÂ cross country running, track & field andÂ road running. The events organized for these people are generally divided into the age group of five years. Within each age group of five years, these athletes can have the chance to compete with similar people. It is also to be noted that men nearly at the age of 104 years and women at the age of over 100 take part in the throwing, jumping and running events organized only for their age group.

Talking about the master athlete, it is to be noted that there are some myths stays around you for these people. Here you are going to know about these myths that are considered as false for these aged athletes.

Body stiffens up after a certain age: Most of the people think that older people face their muscles get stiffen up during the increase in their age. However if someone can maintain a proper and regular balance in their exercise, the body muscles will remain flexible in due time.

Weight training is for the younger generation: weight training involves heavy weights for the workout. Therefore people may think that older people may have some strain for using these weights. Practically, the master athlete uses these heavy things to improve the potentiality of the body.

Weight training decreases the performance of these elder athletes: It is a very common idea that weight training will cause serious harm to these senior athletes. However, these weight trainings help them to maintain a fitter body for improving their performance and keep their body fat free.

Workout should be done after a stretching process: People think that it is essential for the master athlete to do some stretching before doing some workout session. However in reality, these people usually start their workout session without allotting any time for their stretching.

In short, it can be said that these elderly athletes have successfully managed to break the myth about the training methods of the master athlete.

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Johnstuard - About Author:
John stuard who is a freelancer writes articles on a master athlete. For more information on it he suggests to visit a http://drsheinkop.com/.

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