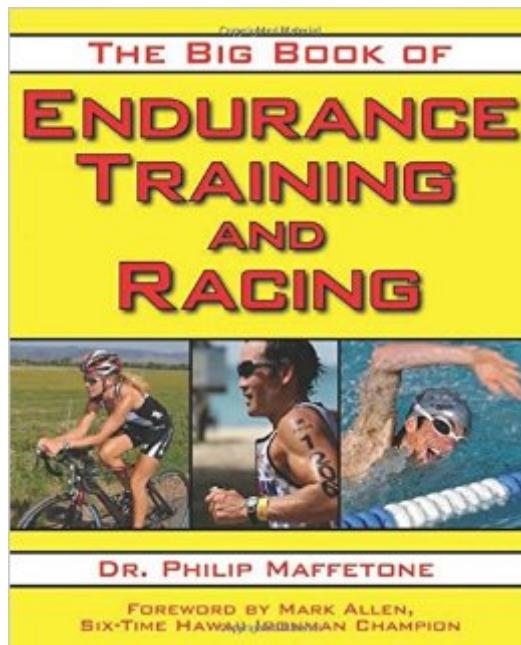


The book was found

The Big Book Of Endurance Training And Racing



Synopsis

Are you a triathlete, runner, cyclist, swimmer, cross-country skier, or other athlete seeking greater endurance? The Big Book of Endurance Training and Racing teaches athletes how to stay healthy, achieve optimal athletic potential, and be injury-free for many productive years. Dr. Philip Maffetone's approach to endurance offers a truly individualized outlook and unique system that emphasizes building a strong aerobic base for increased fat burning, weight loss, sustained energy, and a healthy immune system. Good nutrition and stress reduction are also key to this commonsense, big-picture approach. In addition, Dr. Maffetone dispels many of the commonly held myths that linger in participatory sports and which adversely impact performance and explains the truths about endurance, such as: The need to train slower to race faster will enable your aerobic system to improve endurance Why expensive running shoes can actually cause foot and leg injuries The fact that refined carbohydrates actually reduce endurance energy and disrupt hormone balance And more. If you are looking to increase your endurance and maximize your athletic potential, The Big Book of Endurance Training and Racing is your one-stop guide to training and racing effectively.

Book Information

Paperback: 528 pages

Publisher: Skyhorse Publishing; 1st edition (September 22, 2010)

Language: English

ISBN-10: 1616080655

ISBN-13: 978-1616080655

Product Dimensions: 0.6 x 0.1 x 0.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars (See all reviews) (131 customer reviews)

Best Sellers Rank: #28,705 in Books (See Top 100 in Books) #8 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #10 in Books > Sports & Outdoors > Individual Sports > Triathlon #70 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

I want to highly recommend this book and its approach [and I have, in the past, to friends] but I would now hesitate after 1 year with Maffetone. Today, I find myself unsure of the principles and frustrated with the gaps left open within this book. Let me summarize what I have found that I believe is very worthwhile and/or appealing:^{*} The principle that fat utilization must be maximized for

peak endurance performance* Dietary principles of reducing excessive carbohydrate intake and eliminating allergenic foods (such as gluten) for optimal health* The appeal of an relatively easy-intensity way to good health and peak performanceAs one who'd tried higher intensity training efforts for amateur running and cycling, I found Maffetone's message very appealing. I especially gravitated to it after cutting the carbohydrate in my diet which limited my access to higher intensity training. I tried adhering to his heart-rate based formula to keep my training intensities within the prescribed training band and started, after 3 months, to see slivers of success in training. On the treadmill, over time, I eventually saw a 0.5 mph improvement in pace at the same heart rate. On the bicycle trainer, a 30 watt improvement at Maff heart rates. These changes were very gradual, however, as I train only 3-4 hours / week. In fact, for 3 months, I saw virtually NO improvement at all. Now, I was not a perfect adherent to the principle of NO anaerobic work; I did weight train, but only 2x a week and only for 30 minutes at a time (actual time in the act of weight lifting was likely only 15 min a week with rest-between-sets time factored out). Does this invalidate my results?

[Download to continue reading...](#)

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) The Big Book of Endurance Training and Racing Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Training Plans for Multisport Athletes: Your Essential Guide to Triathlon, Duathlon, Xterra, Ironman & Endurance Racing Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Equine Levering for the Racehorse: Combining scientific levering, conformation and nature. Thoroughbred, Arabian, Quarter Horse. Horseracing, Barrel racing, Endurance Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog

training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Beckett Racing Price Guide and Alphabetical Checklist (Beckett Racing Collectibles and Die-Cast Price Guide, 7) Beckett Racing Collectibles & Die-Cast Price Guide (Beckett Racing Collectibles and Die-Cast Price Guide) Beckett Racing Collectibles and Die-Cast Price Guides (Beckett Racing Collectibles Price Guide) Beckett Racing Collectibles Price Guide (Beckett Racing Collectibles and Die-Cast Price Guide) The Ultimate Guide To Racing Pigeon: What Everybody Ought To Know About Racing Pigeons

[Dmca](#)