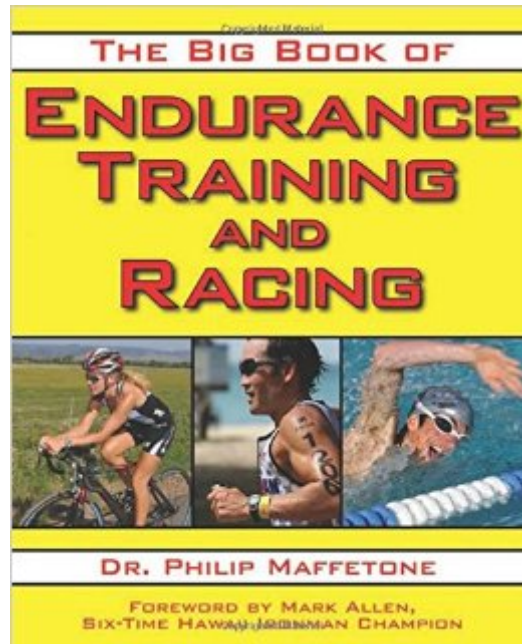


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# The Big Book Of Endurance Training And Racing



## 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

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## 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?

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