



The Big Book of Endurance Training and Racing

By Philip Maffetone

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The Big Book of Endurance Training and Racing By Philip Maffetone

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.



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Editorial Review

Review

"Dr. Maffetone shares his lifetime of experience in helping athletes of all abilities become better." ----Dr. Tim Noakes, author of "Lore of Running"

"If you don't read Phil Maffetone, you're turning your back on one of the most powerful, probing minds in endurance sports. The brilliance of Maffetone's work is his re-discovery of the ancient understanding that the human engine doesn't need to be fueled on suffering, and that pain is only the penalty you pay for back-burnering your brain. The best advice you could give any athlete, no matter what their level, is to read Maffetone and start over." ----Christopher McDougall, author of "Born to Run: A Hidden Tribe"

"In the over-populated world of fitness and health books, what does this new one have to offer? The first thing that springs to mind is authority. Methodology is another element that sets the book apart. Because of its tailor-made approach, the book is good for beginners and for those who've read and seen it all, but who are still not performing their best." --Lava Magazine

About the Author

Dr. Philip Maffetone is an internationally recognized researcher, educator, clinician, and author in the field of nutrition, exercise and sports medicine, stress management, and biofeedback. He was named "Coach of the Year" by *Triathlete Magazine* and honored by *Inside Triathlon* magazine as one of the top twenty most influential people in endurance sports worldwide. He is the author of more than a dozen books on sports, fitness, and health.

Mark Allen is six-time winner of the Hawaii Ironman Triathlon.

Users Review

From reader reviews:

Benny Joiner:

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Beverly Brown:

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Noah Hansell:

People live in this new time of lifestyle always try and and must have the extra time or they will get large amount of stress from both lifestyle and work. So , when we ask do people have time, we will say absolutely indeed. People is human not only a robot. Then we ask again, what kind of activity do you possess when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you try this one, reading ebooks. It can be your alternative in spending your spare time, the book you have read is actually The Big Book of Endurance Training and Racing.

Ryan Young:

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