



# The Big Book of Endurance Training and Racing

By Philip Maffetone

Download now

Read Online ➔

## 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.

 [Download The Big Book of Endurance Training and Racing ...pdf](#)

 [Read Online The Big Book of Endurance Training and Racing ...pdf](#)

# The Big Book of Endurance Training and Racing

*By Philip Maffetone*

## 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.

## The Big Book of Endurance Training and Racing By Philip Maffetone Bibliography

- Sales Rank: #31820 in Books
- Brand: Skyhorse Publishing
- Published on: 2010-09-22
- Original language: English
- Number of items: 1
- Dimensions: .90" h x .12" w x .60" l, 1.35 pounds
- Binding: Paperback
- 528 pages

 [Download The Big Book of Endurance Training and Racing ...pdf](#)

 [Read Online The Big Book of Endurance Training and Racing ...pdf](#)

## Download and Read Free Online The Big Book of Endurance Training and Racing By Philip Maffetone

---

### 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:

Book is to be different for each and every grade. Book for children until eventually adult are different content. As we know that book is very important for all of us. The book The Big Book of Endurance Training and Racing had been making you to know about other knowledge and of course you can take more information. It is very advantages for you. The e-book The Big Book of Endurance Training and Racing is not only giving you far more new information but also to get your friend when you sense bored. You can spend your own spend time to read your guide. Try to make relationship using the book The Big Book of Endurance Training and Racing. You never feel lose out for everything should you read some books.

##### Beverly Brown:

A lot of people always spent all their free time to vacation or go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or playing video games all day long. In order to try to find a new activity that is look different you can read any book. It

is really fun for you. If you enjoy the book that you read you can spent 24 hours a day to reading a e-book. The book The Big Book of Endurance Training and Racing it is rather good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. When you did not have enough space bringing this book you can buy typically the e-book. You can m0ore very easily to read this book through your smart phone. The price is not too costly but this book has high quality.

#### **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:**

The book untitled The Big Book of Endurance Training and Racing contain a lot of information on the item. The writer explains the girl idea with easy approach. The language is very straightforward all the people, so do not necessarily worry, you can easy to read this. The book was compiled by famous author. The author will take you in the new time of literary works. You can read this book because you can keep reading your smart phone, or model, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site as well as order it. Have a nice read.

**Download and Read Online The Big Book of Endurance Training and Racing By Philip Maffetone #P32SAMIV56Z**

# **Read The Big Book of Endurance Training and Racing By Philip Maffetone for online ebook**

The Big Book of Endurance Training and Racing By Philip Maffetone Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Big Book of Endurance Training and Racing By Philip Maffetone books to read online.

## **Online The Big Book of Endurance Training and Racing By Philip Maffetone ebook PDF download**

**The Big Book of Endurance Training and Racing By Philip Maffetone Doc**

**The Big Book of Endurance Training and Racing By Philip Maffetone Mobipocket**

**The Big Book of Endurance Training and Racing By Philip Maffetone EPub**

**P32SAMIV56Z: The Big Book of Endurance Training and Racing By Philip Maffetone**