

## The Big Book Of Endurance Training And Racing Philip Maffetone

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Survival! The Shackleton StoryDr. Phil Maffetone Interview by Floris German about Heart Rate Training, Nutrition and Recovery Dr. Phil Maffetone on stress management, running progress and running goals Dr. Phil Maffetone on Running a PR Beyond the Age of 40 Keeping Your House Clean | Rich Roll Podcast ~~Endurance audiobook by Alfred Lansing~~ ~~MAF Training and 10 Misconceptions~~ | Arthur Lydiard and Dr. Phil Maffetone **25 Min Power Yoga Fitness Challenge | Weight Loss, Endurance, Strength** **0026 Flexibility Workout** HIIT Indoor Cycling Workout | 40 Minute Muscular Endurance Intervals Alcoholics Anonymous Big Book Audio Read Aloud James O'Keefe MD - Cardiovascular Damage From Extreme Endurance Exercise THE BIG BOOK SERIES FLIP THROUGH ????? Big Book Personal Stories Part 1 Read More Books: 7 Tips for Building a Reading Habit - College Info Geek ~~The Big Book of 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.

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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 enduranceWhy ...

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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 Are you a triathlete, runner, cyclist, swimmer, cross-country skier, or other athlete seeking greater endurance?

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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. Read more Read less

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4.0 out of 5 stars The big book of endurance trainig and racing. Reviewed in the United States on September 23, 2019. Verified Purchase. The book has a very original but logic approach. Makes a lot of sense. It is hard to start training at Max Aerobic heart race because it seems boring but then one learns to realize how much heart beat varies ...

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"Welcome to what will undoubtedly be a whole new level of athleticperformance."--Mark Allen, six-time winner of the Hawaii Ironman.

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.

Are you a triathlete, runner, cyclist, swimmer, cross-country skier, or other athlete seeking greater endurance? The Endurance Handbook 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 he has refined over three decades of training and treating athletes, ranging from world champions to weekend warriors. Maffetone's training and racing philosophy 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 common-sense, big-picture approach. Dr. Maffetone also 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 How overtraining can be avoided in its earliest stages And much more! If you are looking to increase your endurance and maximize your athletic potential, The Endurance Handbook is your one-stop guide to training and racing effectively. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports--books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Presents a guide to maintaining health and physical fitness, providing advice on nutrition, healthy eating, exercise, and preventive measures against disease.

NATIONAL BEST SELLER A stunning, personal memoir from the astronaut and modern-day hero who spent a record-breaking year aboard the International Space Station--a message of hope for the future that will inspire for generations to come. The veteran of four spaceflights and the American record holder for consecutive days spent in space, Scott Kelly has experienced things very few have. Now, he takes us inside a sphere utterly hostile to human life. He describes navigating the extreme challenge of long-term spaceflight, both life-threatening and mundane: the devastating effects on the body; the isolation from everyone he loves and the comforts of Earth; the catastrophic risks of colliding with space junk; and the still more haunting threat of being unable to help should tragedy strike at home--an agonizing situation Kelly faced when, on a previous mission, his twin brother's wife, American Congresswoman Gabrielle Giffords, was shot while he still had two months in space. Kelly's humanity, compassion, humor, and determination resonate throughout, as he recalls his rough-and-tumble New Jersey childhood and the youthful inspiration that sparked his astounding career, and as he makes clear his belief that Mars will be the next, ultimately challenging, step in spaceflight. In Endurance, we see the triumph of the human imagination, the strength of the human will, and the infinite wonder of the galaxy.

National Geographic Adventurer of the Year Jennifer Pharr Davis unlocks the secret to maximizing perseverance--on and off the trail Jennifer Pharr Davis, a record holder of the FKT (fastest known time) on the Appalachian Trail, reveals the secrets and habits behind endurance as she chronicles her incredible accomplishments in the world of endurance hiking, backpacking, and trail running. With a storyteller's ear for fascinating detail and description, Davis takes readers along as she trains and sets her record, analyzing and trail-testing the theories and methodologies espoused by her star-studded roster of mentors. She distills complex rituals and histories into easy-to-understand tips and action items that will help you take perseverance to the next level. The Pursuit of Endurance empowers readers to unlock phenomenal endurance and leverage newfound grit to achieve personal bests in everything from sports and family to the boardroom.

Marshalling new scientific evidence on the musculoskeletal system, this book provides an accessible guide to training that balances athletic performance and bone health over the life span, with information essential for exercise physiologists, endurance athletes, fitness enthusiasts, and coaches.

Primal Endurance applies an all-encompassing approach to endurance training that includes primal-aligned eating to escape carbohydrate dependency and enhance fat metabolism, building an aerobic base with comfortably paced workouts, strategically introducing high intensity strength and sprint workouts, emphasizing rest, recovery, and an annual periodization, and finally cultivating an intuitive approach to training instead of the usual robotic approach of fixed weekly workout schedules. When you go Primal as an endurance athlete, you can easily reduce excess body fat, avoid overtraining and burnout that comes from the typical chronic training approach, spend fewer hours training and still go faster, have a more enjoyable, balanced approach to the sport instead of the typical compulsive approach, and finally have more energy and enjoyment of daily life, because of your stress-moderated approach to training."

Pulitzer Prize-winning journalist and author Richard A. Serrano's new book American Endurance: The Great Cowboy Race and the Vanishing Wild West is history, mystery, and Western all rolled into one. In June 1893, nine cowboys raced across a thousand miles of American prairie to the Chicago World's Fair. For two weeks they thundered past angry sheriffs, governors, and Humane Society inspectors intent on halting their race. Waiting for them at the finish line was Buffalo Bill Cody, who had set up his Wild West Show right next to the World's Fair that had refused to allow his exhibition at the fair. The Great Cowboy Race occurred at a pivotal moment in our nation's history: many believed the frontier was settled and the West was no more. The Chicago World's Fair represented the triumph of modernity and the end of the cowboy age. Except no one told the cowboys. Racing toward Buffalo Bill Cody and the gold-plated Colt revolver he promised to the first to reach his arena, nine men went on a Wild West stampede from tiny Chadron, Nebraska, to bustling Chicago. But at the first thud of hooves pounding on Chicago's brick pavement, the race devolved into chaos. Some of the cowboys shipped their horses part of the way by rail, or hired private buggies. One had the unfair advantage of having helped plan the route map in the first place. It took three days, numerous allegations, and a good old Western showdown to sort out who was first to Chicago, and who won the Great Cowboy Race.

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