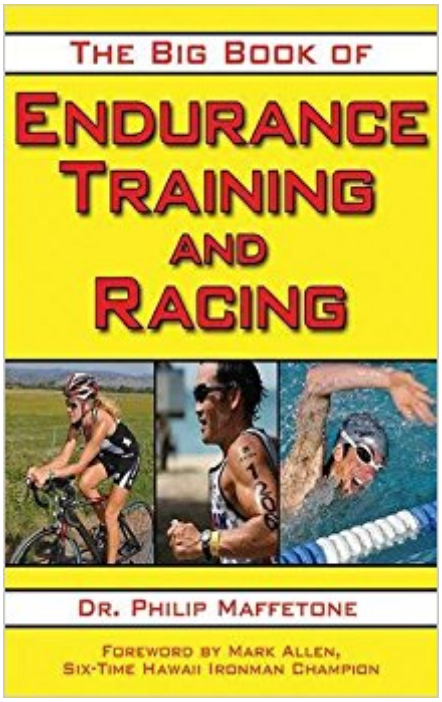
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The Big Book Of Endurance Training And Racing



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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 MaffetoneÃ¢â ¬â„¢s approach to endurance offers a truly Ã¢â ¬Å“individualizedÃ¢â ¬Â• 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 sportsÃ¢â ¬â •and which adversely impact performanceÃ¢â ¬â •and explains the Ã¢â ¬Å“truthsÃ¢â ¬Â• 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

"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

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 Ã¢â ¬Å“Coach of the YearÃ¢â ¬Â• 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.

This is a good book overall. I am a recreational endurance athlete. I run 10K to marathons and do triathlons mostly half IM. I have been running since I was a kid of 10 years old and I am now 43. Basically this book advocates good nutrition, injury prevention, training smart and building a bigger endurance engine by training slower and easier. I am trying this method over the winter to see if I can make some gains with my aerobic strength in the off season. I have seen some gains within the 2 months I have been using Dr Maffetones method BUT the jury is still out, this may be another case of eat the meat and spit out the bones.

This book is nothing short of life changing. I've followed the instructions of Dr. Maffetone for three months and are now seeing results: I've lost weight without dieting, my workouts (running, biking and swimming) are much more enjoyable, my aches and pains have disappeared and feel much stronger. I now have a new outlook on nutrition, health and fitness. I recommend this book to anyone.

I read the book from beginning to end and decided to put part of it use. The book is somewhat technical and re-emphasizes some of the same points over and over again, but perhaps Dr. Maffetone is trying to drive the point home. It's also broken down between the concept of working out within your optimal heart rate and nutrition. I started the heart rate portion of the program 2

weeks ago and I have to admit that it was very difficult to "run" at such a slow pace. However, of the past 2 weeks I've remained true to the program and I already noticed a difference after 2 weeks. Today I found myself being able to run at a slightly faster pace and I was still staying within my heart rate. I was also able to partially run up hills and I didn't have to walk the entire hill, like I had to in the beginning of the program. I think if you commit yourself to the concept and stay true, it will pay off. But be prepared to get frustrated for the first few weeks, it just is what it is. The second half of the book discuss a lot of information about proper nutrition, hydration and overall health which I found fascinating. Since there's a lot to put together I decided to start with the heart rate program first and I'm working on the nutrition aspect as I go along. I do recommend the book and I'm very happy to have found it. In addition, I suffered a back injury along with SI joint dysfunction 6 months ago. When I started reading the book, there was a lot of information about the dangers of overtraining. With my first full marathon looming on the horizon, I took his advice and I cut back my running schedule and I stopped stretching. Low and behold, it worked for me. The marathon was a success and I never ever "hit the wall". In fact I felt so fabulous I could have kept running.

This book is (extremely) useful to competitive and amateur athletes, alike. It came highly recommended to me from a friend and he thought it would help me as much as it helped him. At that time, he was a highly competitive Ironman triathlete and I was an overweight, newbie struggling to do a 5K. That just says, this book is not just focussed on pros OR amateurs. It relates to everyone because it focusses on teaching basic principles of fitness and how our body works.Dr Maffetone touches on many important aspects that are overlooked by 90% of the people (including active/fit people!) such as aerobic vs anaerobic energy, role of carbohydrates, HR as an effective tool, using FAT as a fuel in long races (you heard it right!). Throughout the book, Phil uses examples of how he helped various athletes and non-athletes in improving their personal records and injury prevention just by improving their basics.The book itself is written in a very simple manner and is an easy read. If you are looking for 10minutes a day/ 3x per week magic workouts/schedules here... prepare to be disappointed. One has to read, digest and apply this information to their workouts and diet. Some of his concepts, might seem unconventional but they work very well. Whether you choose to follow Phil Maffetone's methodology to train for your next race or not, is upto you. But regardless, it provides a wealth of information for any enthusiast in world of endurance sports.

I do not have time to write a very long review, but this has become my triathlon training bible. I used it for my first sprint race and I came in 71 out of 143 people overall. I know this is not that impressive

for many experience triathletes, but this was my very first race and I do not have any swimming or biking background and it was many years ago that I did any type of running. My goal for this same race next year is to be in the top 25% and I am pretty sure following this book that goal is attainable.

Endurance has never been my forte... My old roommate had this book, and bought a heart rate monitor and watch to keep track of her training. After reading most of the book, I decided to buy a monitor also to use while working out too. I'm a biologist, and enjoyed the technical explanations of how the body reacts to exercise. The book was an easy read, yet full of information. I'm not an endurance racer by any stretch of the imagination, but the methods in this book did help me build my cardio without feeling like my heart was going to burst. The nutrition guide in the book was also helpful without being too preachy.

At age 47, I have been running for many years, but only started running halfs and marathons over the past two years. I increased my mileage from 15 miles per week to 40 without changing my pace, but found myself with nagging injuries. I also saw my race times increasing instead of dropping. I beleive this book has the solutions to my problems. After a few weeks following Dr. Maffetone's advice on diet and running, I have lost a few pounds, I feel great, my injuries are healed, I don't feel sleepy in the afternoon and I'm starting to see improvements in my aerobic pace. Thanks, Doc!

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