

THE BIG BOOK OF

ENDURANCE TRAINING AND RACING



DR. PHILIP MAFFETONE

FOREWORD BY MARK ALLEN,
SIX-TIME HAWAII IRONMAN CHAMPION

Philip Maffetone

The Big Book of Endurance Training and Racing



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Are you a triathlete, runner, cyclist, swimmer, cross-country skier, or various other athlete seeking greater stamina? about stamina, such as: The need to train slower to race faster will enable your aerobic program to improve endurance Why expensive running shoes can actually cause foot and leg accidental injuries The fact that refined carbohydrates in fact reduce stamina energy and disrupt hormone balance And more. Dr. Furthermore, Dr.s approach to endurance offers a really “individualized”and which adversely impact performance—truths” Philip Maffetone’ Maffetone dispels many of the typically held myths that linger in participatory sports activities—outlook and unique system that emphasizes building a strong aerobic bottom for increased fat reducing, weight loss, sustained energy, and a healthy immune system.and explains the “ Good nutrition and stress decrease are also key to this commonsense, big-picture strategy. The Big Book of Endurance Schooling and Racing teaches sports athletes how to remain healthy, achieve optimum athletic potential, and be injury-free for many productive years. If you are looking to increase your stamina and maximize your athletic potential, The Big Publication of Endurance Teaching and Racing is definitely your one-prevent guide to training and racing effectively.



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A Revelation! But without a doubt why I examine it. A former marathoner, after years of being away I decided to return back to running by signing up for an ultra-marathon (yeah, I know. A book that opens the path to overall health and athletic benefit Dr Phil Maffetone centered on both fitness and well-being..Enter heart-rate teaching. Heart-rate training is just what I needed. Covers the MAF heartrate training subject therefore much more. But I am aerobically fit as any other. Best for them.) My primary concerns are not obtaining a competitive finish period - they are simply finishing the race still on my feet. The premise would be to operate in a zone where you are burning fat. At any given time, you may only have about 2500 calories from fat of glucose in muscle tissue and liver. If you run out, that's likely the finish of your race. But even a slender person provides over 100,000 calories of fat available. Heart-rate training allows you to conserve carbohydrate and burn off the unwanted fat. My first work with a monitor was an easy 6-mile. I had gone only 50 back yards when my monitor was beeping - my heart-rate had been too high! I found I was working Method to hard and zipping right by the aerobic area into getting anaerobic, burning sugars. The funny thing is certainly, when I finally tweaked my speed down to where I could jog for extended periods, my initial thought was "This is easy - I could run forever as of this pace!" Which, of course, may be the whole idea :) So why not 5 stars? Fantastic book. My previous roommate had this publication, and bought a heart rate monitor and watch to keep track of her training. Endurance has never been my forte. I am your physician and lifelong range runner trying today to instruct healthy lifelong endurance for patients to help them deal with life..but as a semi-vegetarian I just got mightily tired of not addressing have stuff like sweet potatoes, rice, etc. To be fair, the initial diet is meant and then be a 2-week test so perhaps this is an unfair evaluation. I believe Dr Maffetone can create a shorter reserve for dudes like me. Maffetone may be the King - this is a must-read! Many of them are pretty much worthless, as the tired and dated strategy of applying a 'method' to the complex, powerful and highly individual challenge of endurance training is still popular. Today with the fantastic popularity of endurance sports, there are a large number of books on stamina training. Dr. I'm not an stamina 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. This is something frequently overlooked by the highly motivated, goal oriented stamina athletes keen on spending so much time and going fast. If you care about being healthy, leading a balanced lifestyle, and honoring your body, this book will change your life. Dr. Maffetone's strategy is incredibly basic, but predicated on good research and years of hands-on experience, including his work with a number of the greatest endurance athletes of all time, Mike Pigg, Tag Allen, Tim DeBoom and others. I'm not really kidding when I say this book is one of a kind. It's an absolutely must-read for any stamina athlete, but more than that, its concepts are really the only method to proceed in order to be fit and healthy. I don't love the dietary plan. And 5 more ultras at 56 km.... Proponents explain that, the much longer the race (think 100-milers) the big risk isn't going too slow. If you want to burn the most fat possible while training this is actually the book for you personally. Great method for Low Carb dieters as well since the workouts are all extra fat fueled and reduce carb burning. Transformed my way of training for killing myself anaerobically with Crossfit to a lot longer less intense exercises that maximize cardio benefits. Phil Maffetone in one place No-one knows endurance physiology like Phil Maffetone, and it is great to get all his considering in one volume. I have the majority of his books but that one is my favorite. Over the years I have qualified for and competed in 51 Ironman Triathlons, and 24 Ultraman triathlons, and also have had great success when using his methods, and seen poor outcomes when we stray into other schooling regimens. No valid research references or citations.. Foulk Good general advice, great motivation to start

working out again..Dr. I stuck with it for a week. I had to produce a change. Fantastic book. Now, that's not to say it fails. After reading most of the publication, I decided to purchase a monitor also to make use of while working out too. I'm a biologist, and enjoyed the specialized explanations of how the body reacts to exercise. The book was a straightforward read, yet filled with information. Maffetone offers a refreshing alternative based on supporting your wellness while you pursue fitness. And I acquired a lot more than I bargained for. The Best Holistic Approach to Endurance for Life Phil Maffetone has followed up his highly influential works of over ten years ago with a quantity not merely validated by basic research and research but moreover experienced and felt by those ready to use the strategies....not only athletics. I possess all of the necessary measures set up. Training slower was a hardcore pill to swallow at first but when I saw the results of aerobic advancement in how I sensed all day there was no turning back to the "no discomfort, no gain" approach. Now its "No Pain, MANY THANKS."With his methods I've achieve a sub 2:35 marathon in 4 decades and we've even opened a little running and walking store in a small rural community teaching his concepts ([...]We are also trying to transform the way the US Air Force approaches fitness and help them become successful in their annual fitness testing and their demanding jobs. This, of course, involves Maffetone principles. That is a game changer for me. This book changed my life! If you're a Maffetone lover pick this up. A must read!! Awesome book! Essential read for all people concerned with optimal health.

Mark Cucuzzella MD, Assoc Prof of Family members Medication West Virginia University and Lt Col USAF Reserves Great read from the Dr Phil We listen to. Excellent! I'm giving Phil 5 celebrities for staying relevant with this publication. I have done that. The authors state "research indicate" but gives no citation or references to these 'studies'. Perhaps these were executed by him in his very own practice (but no IRB, no valid information), or he has browse the studies, interpreted and summarized to 'support' his technique. The information is slow to read as you work your way through his tales and redundantly stated materials. Great stuff even though only 50% does apply to me This book is fantastic. Heart rate training was a revelation to me! I've encountered several difficulties while pursuing many athletic endeavors, including street racing, triathlons, and attempting a marathon. The nutrition information offered a sound argument why nutrition is highly recommended as seriously because the workouts in working out plan. I ran an ultra marathon of 90 km for months after I bought my initial ever running shoes. I then ran various marathons. Addresses the MAF heart rate training subject . Then I stopped. 15 years later I cycled for fun. Were left with a by pass. Certainly I am lucky and wished to get exercise. I started heavy weight training. And progressed quickly to more 1.5 bodyweight however the stressed effect with cortisol was traveling me crazy.. I QUICKLY read about exercise with heartrate monitor. I got to understand the theory. And bought the reserve. Obviously I possibly could have found the info on the web. But I love reading a book. Kindle or additional. And will measure them on schedule. I came across Phil's principles after recovering from foot surgeries from overuse operating injuries in 2000. I learned a whole lot. Naturally. 50% or even more of the reserve i skipped through as it was focused on very serious athletes. Anecdotal information at best. It is totally running out of gasoline or some other disaster that outcomes for the reason that dreaded DNF: did not finish. My aim is health. I will not compete. The diet guide in the publication was also useful without being too preachy. In more methods than one. But training with the heart-price monitor is certainly something I am totally offered on. No races for me personally. Though my ultra is 50k, most people in my gender/age group group are on the program for an excellent 8 hours therefore hitting "the wall" is certainly a valid concern.. He looked into holistic approach including training, diet, and rest. You will not find specific

technique here but this book is the key to the door of holistic approach to excellent health and fitness. I must say i enjoyed the wisdom that Dr I really enjoyed the wisdom that Dr. Phil Maffetone offered in his book on Endurance Schooling. It is chock filled with fact based information highly relevant to dedicated athletes seeking to improve fitness and endurance capabilities. I am 61. The approach presented in Stamina Training offered me with a framework to regulate and modify my schooling for better recovery and ultimately to better attain my objective. I was constantly reasonably fit and unfit. The reserve contains vast details to help shape a person program for success. Must read for each and every runner out there. I love this reserve and the easy to comprehend format of Dr Maffetone's writing.



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