



The Big Book of Endurance Training and Racing

Philip Maffetone

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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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