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The Endurance Handbook: How to Achieve Athletic Potential, Stay Healthy, and Get the Most Out of Your Body

By Philip Maffetone

Skyhorse Publishing, United States, 2015. Paperback. Book Condition: New. 226 x 157 mm. Language: English . Brand New Book. 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...



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