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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 endurance. Why ...

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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 system that emphasizes building a strong aerobic base for increased fat burning, weight loss, sustained energy, and a healthy immune system. Are you a triathlete, runner, cyclist, swimmer, cross-country skier, or other athlete seeking greater endurance?

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4.0 out of 5 stars The big book of endurance training 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 rate because it seems boring but then one learns to realize how much heart beat varies ...

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