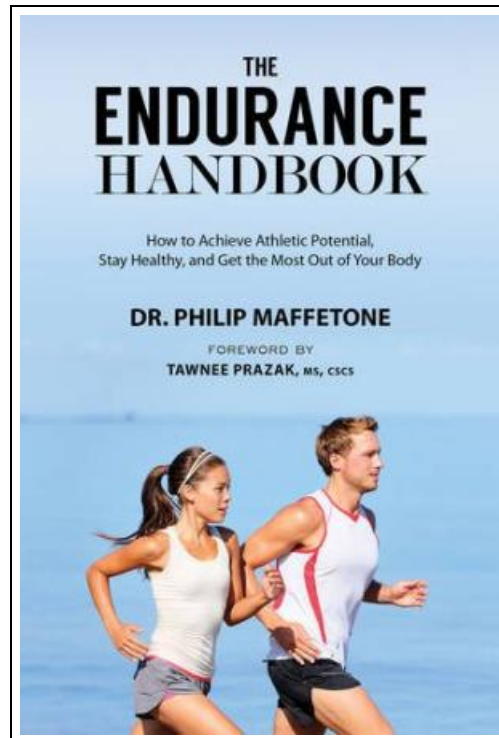


The Endurance Handbook: How to Achieve Athletic Potential, Stay Healthy, and Get the Most Out of Your Body



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Reviews

*Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be he best publication for at any time.
(Prof. Ron Gaylord II)*

THE ENDURANCE HANDBOOK: HOW TO ACHIEVE ATHLETIC POTENTIAL, STAY HEALTHY, AND GET THE MOST OUT OF YOUR BODY


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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 stages And much more! If you are looking to increase your endurance and maximize your athletic potential, The Endurance Handbook is your one-stop guide to training and racing effectively. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports--books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running,...

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