

THE BIG BOOK OF

# ENDURANCE TRAINING AND RACING



DR. PHILIP MAFFETONE

FOREWORD BY MARK ALLEN,  
SIX-TIME HAWAII IRONMAN CHAMPION

# **The Big Of Endurance Training And Racing Philip Maffetone**

**Ellen Coleman**



# The Big Of Endurance Training And Racing Philip Maffetone

*The Big Book of Endurance Training and Racing* Philip Maffetone, 2010-09-22 A guide to building endurance and the importance of diet and nutrition as well as self care and injury prevention for athletes seeking to stay healthy and be injury free

*The Big Book of Endurance Training and Racing* Philip Maffetone, 2010-09-22 Are you a triathlete runner cyclist swimmer cross country skier Learn how to stay healthy achieve optimal athletic potential and be injury free 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

**The Big Book of Health and Fitness** Philip Maffetone, 2012-01-04 Take your healthcare into your own hands create a personalized diet and exercise plan to keep you fit healthy and active throughout your

*The Endurance Handbook* Philip Maffetone, 2015-06-09 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 cycling horseback riding swimming tennis martial arts golf camping hiking aviation boating and so much more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home

*The Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness*  
Philip Maffetone, 1999-08-10 Dr Maffetone's unique training system for champions proves that the kinder gentler approach actually works the best This fitness regimen has worked for champions and non athletes alike because it's based on Dr Philip Maffetone's deep understanding of how the body works Maffetone has used that knowledge to develop The Maffetone method his successful low stress fitness program which can be tailored to any individual It means training slower to go faster says Mike Pigg world champion triathlete and Maffetone client The Maffetone Method includes A ten step program to reduce stress and increase overall fitness Exercise techniques designed for increased results with decreased pain The real lowdown on some of those fad diets In short this is a fitness regimen for champions that everyone can use to reach their own goals whether it be running a marathon or walking around the block

1:59 Philip Maffetone, 2014-08-05 What will it take to run a marathon in less than two hours The world's fastest times for the marathon have been dropping since the distance of 26.2 miles was made official nearly one hundred years ago But after a noticeable decline that occurred for a half century the times while still edging lower have stalled several minutes north of two hours for the past decade For the first time 1:59 examines what it will take for an elite distance runner to go sub two hours It will require more than raw talent optimal body size and great athletic genes In order to become marathon's Roger Bannister and smash this elusive record this runner must follow a healthy diet and an individualized training regimen that takes advantage of specific environmental factors live high train low Because precious seconds count over each mile run other critical considerations include improved running form and economy sharpened mental focus and wearing the right type of racing flats or even going barefoot The athlete who finally breaks distance running's most tantalizing barrier will become a worldwide celebrity overnight Will the runner be a Kenyan an Ethiopian an American or a marathoner from another country And how soon will it happen By providing a unique window into the highly competitive world of elite marathon running this book also allows running enthusiasts to have a thorough understanding of the true potential of endurance athletes And in turn they can apply the same training and racing principles discussed in 1:59 to their own running whether it's a 10K half marathon marathon or ultramarathon

Challenging Beliefs  
Tim Noakes, 2012-03-05 Tim Noakes is one of the world's leading authorities on the science behind sport and a successful sportsman in his own right Through a lifetime of research he has developed key scientific concepts in sport that have not only redefined the way elite athletes and teams approach their professions but challenged conventional global thinking in these areas In this new and updated edition of Challenging Beliefs Noakes shares his views on everything from the myths

perpetuated by the sports drink industry to the prevalence of banned substances the need to make rugby a safer sport and the benefits of a high protein low carb diet The teams and athletes with whom Noakes has worked make fascinating backdrops to these topics highlighting the importance of science in sport in human terms In providing an intimate look at the golden threads running through Noakes s life and career this remarkable book reveals the landmark theories and principles generated by one of the greatest minds in the history of sports science

**Primal Endurance** Mark Sisson,Brad Kearns,2016-01-04 Primal Endurance shakes up the status quo and challenges the overly stressful ineffective conventional approach to endurance training While marathons and triathlons are wildly popular and bring much gratification and camaraderie to the participants the majority of athletes are too slow continually tired and carry too much body fat respective to the time they devote to training The prevailing chronic cardio approach promotes carbohydrate dependency overly stressful lifestyle patterns and ultimately burnout Mark Sisson author of the 2009 bestseller The Primal Blueprint and de facto leader of the primal paleo lifestyle movement expertly applies primal lifestyle principles to the unique challenge of endurance training and racing Unlike the many instant and self anointed experts who have descended upon the endurance scene in recent years Sisson and his co author business partner Brad Kearns boast a rich history in endurance sports Sisson has a 2 18 marathon and 4th place Hawaii Ironman finish to his credit has spearheaded triathlon s global anti doping program for the International Triathlon Union and has coached advised leading professional athletes including Olympic triathlon gold and silver medalist Simon Whitfield and Tour de France cyclist Dave Zabriskie Under Sisson s guidance Kearns won multiple national championships in duathlon and triathlon and rose to a 3 world triathlon ranking in 1991 Primal Endurance applies an all encompassing approach to endurance training that includes primal aligned eating to escape carbohydrate dependency and enhance fat metabolism building an aerobic base with comfortably paced workouts strategically introducing high intensity strength and sprint workouts emphasizing rest recovery and an annual periodization and finally cultivating an intuitive approach to training instead of the usual robotic approach of fixed weekly workout schedules When you go Primal as an endurance athlete you can expect to enjoy these and other benefits in short order Easily reduce excess body fat and keep it off permanently even during periods of reduced training Perform better by reprogramming your genes to burn fat and spare glycogen during sustained endurance efforts Avoid overtraining burnout illness and injury by improving your balance of stress and rest both in training and everyday life Spend fewer total hours training and get more return on investment with periodized and purposeful workout patterns Have more fun be more spontaneous and break free from the pull of the obsessive compulsive mindset that is common among highly motivated goal oriented endurance athletes Have more energy and better focus during daily life instead of suffering from the active couch potato syndrome with cumulative fatigue from incessant heavy training makes you lazy and sluggish Primal Endurance is about slowing down balancing out chilling out and having more fun with your endurance pursuits It s about building your health through sensible

training patterns instead of destroying your health through chronic training patterns While it might be hard to believe at first glance you can actually get faster by backing off from the overly aggressive and overly regimented Type A training approach that prevails in today's endurance community Primal Endurance will show you how every step of the way

**The Overfat Pandemic**, 2017-09-12 Research demonstrates that up to 76 percent of the world's population or 5.5 billion people are overfat defined as having sufficient excess body fat to impair health This includes nearly 90 percent of Americans one of the highest percentages worldwide In *The Overfat Pandemic* Dr Philip Maffetone reveals common misconceptions regarding the real meaning of overfat factors that helped cause this global pandemic and ways individuals can remedy the situation with the proper food and exercise Other major points in the book include The distinction between overweight and overfat How normal weight people can be overfat Why those who exercise can still be overfat including athletes Why waist measurement is better than the bathroom scale How individuals can take charge of their body fat How the overfat pandemic can be remedied through simple lifestyle changes and without diets As little as 14 percent of the world's population has a normal body fat percentage and that number may be shrinking This book aims to curtail the overfat epidemic by exposing a decades long problem and offering a research based practical solution to help prevent and treat it

**Million Dollar Marathon** Philip Maffetone, 2016-05-05 When Xi a shepherd from one of the most remote parts of Tibet flees across the Himalayas to India he doesn't know what awaits But his very act of fleeing alone and on foot demonstrates a unique skill In Tibet Xi had barely heard of the marathon never raced against anyone other than himself Now with the help of the mysterious Mr Singh he sets out to do what nobody has ever done before break 2 hours for the marathon all while remaining true to who he is and where he came from A rare book that combines intimate knowledge of the sport of running and compelling fiction writing Readers especially those who run will enjoy this imaginative but fully plausible tale of Xi the Tibetan runner and the quest for the sub two hour marathon Jonathan Beverly former editor of *Running Times Sport* is about passion dedication and competition but it can also be a political statement From the first page you will be rooting for Xi to find a place to run in peace Amy Begley 2008 Olympian 10 000 meters *Million Dollar Marathon* is a delightful read for runners and romantics The background story of the humble Tibetan shepherd who makes his mark on the running world is skillfully woven with a forbidden romance I read it in an afternoon and was left wanting more Pete Pfitzinger US Olympic Marathoner A joy to read for any runner not just marathoners I found my heart racing at the end I couldn't put it down Lt Amanda Rice U S Navy 2 38 marathoner 2014 military division cross country champion

**Serious Training for Endurance Athletes** Rob Sleamaker, Ray Browning, 1996 *SERIOUS Training for Endurance Athletes* provides the tools to create training programs and workouts that will pay off in competition Endurance athletes coaches and multisport fitness buffs will learn how to design schedule execute and monitor training programs for top results Rob Sleamaker joins with Ray Browning seven time Ironman Triathlon winner to produce a much improved version of the highly popular earlier edition You'll learn to set up and manage

your personalized training schedule use the S E R I O U S system of training Speed Endurance Race pace Intervals Overdistance Up hill Intervals Strength add variety to your workouts develop a winning nutritional program prepare mentally for races and stay motivated to train and win The authors share their expertise in a fun and informative way drawing from their own experiences as champions Plus the book features the latest training advice for running cycling mountain biking swimming rowing cross country skiing cross training duathlons and triathlons **SERIOUS Training for Endurance Athletes** is your guide to high level fitness and performance

**80/20 Triathlon** Matt Fitzgerald, David Warden, 2018-09-18 A breakthrough program for triathletes beginner intermediate and advanced showing how to balance training intensity to maximize performance from a fitness expert and elite coach Cutting edge research has proven that triathletes and other endurance athletes experience their greatest performance when they do 80 percent of their training at low intensity and the remaining 20 percent at moderate to high intensity But the vast majority of recreational triathletes are caught in the so called moderate intensity rut spending almost half of their time training too hard harder than the pros Training harder isn't smarter it actually results in low grade chronic fatigue that prevents recreational athletes from getting the best results In **80/20 Triathlon** Matt Fitzgerald and David Warden lay out the real world and scientific evidence offering concrete tips and strategies along with complete training plans for every distance Sprint Olympic Half Ironman and Ironman to help athletes implement the 80/20 rule of intensity balance Benefits include reduced fatigue and injury risk improved fitness increased motivation and better race results

**Heart Rate Training** Roy Benson, Declan Connolly, 2020 Heart Rate Training Second Edition helps athletes and fitness enthusiasts use the data captured by heart rate monitors to create and customize training programs that improve performance

**Health Food Junkies** Steven Bratman, M.D., David Knight, 2004-07-27 The first book to identify the eating disorder orthorexia nervosa an obsession with eating healthfully and offer expert advice on how to treat it As Americans become better informed about health more and more people have turned to diet as a way to lose weight and keep themselves in peak condition Anorexia nervosa and bulimia nervosa disorders in which the sufferer focuses on the quantity of food eaten have been highly documented over the past decade But as Dr Steven Bratman asserts in this breakthrough book for many people eating correctly has become an equally harmful obsession one that causes them to adopt progressively more rigid diets that not only eliminate crucial nutrients and food groups but ultimately cost them their overall health personal relationships and emotional well being **Health Food Junkies** is the first book to identify this new eating disorder orthorexia nervosa and to offer detailed practical advice on how to cope with and overcome it Orthorexia nervosa occurs when the victim becomes obsessed not with the quantity of food eaten but the quality of the food What starts as a devotion to healthy eating can evolve into a pattern of incredibly strict diets victims become so focused on eating a pure diet usually raw vegetables and grains that the planning and preparation of food come to play the dominant role in their lives **Health Food Junkies** provides an expert analysis of some of today's most popular diets from The Zone to macrobiotics raw

foodism to food allergy elimination and shows not only how they can lead to orthorexia but how they are often built on faulty logic rather than sound medical advice Offering expert insight gleaned from his work with orthorexia patients Dr Bratman outlines the symptoms of orthorexia describes its progression and shows readers how to diagnose the condition Finally Dr Bratman offers practical suggestions for intervention and treatment giving readers the tools they need to conquer this painful disorder rediscover the joys of eating and reclaim their lives

*Run for Your Life* Mark Cucuzzella, MD,2019-04-30 A straightforward easy to follow look at the anatomy biomechanics and nutrition of running Dr Cucuzzella aims to improve the fitness and well being of all from the uninitiated to beginners to veterans who still have new tricks to learn Amby Burfoot Boston Marathon winner writer at large for Runner s World magazine and author of *The Runner s Guide to the Meaning of Life* Despite our natural ability and our human need to run each year more than half of all runners suffer injuries Pain and discouragement inevitably follow Cucuzzella s book outlines the proven practical techniques to avoid injury and reach the goal of personal fitness and overall health With clear drawings and black and white photographs the book provides illustrated exercises designed to teach healthy running along with simple progressions and a running schedule that shows the reader how to tailor their training regimen to their individual needs and abilities

**Eating for Endurance** Ellen Coleman,2003-01-01 The standard guide to nutrition for anyone who exercises or plays sports this updated reference describes the fuel the body needs and how best to adjust diet and eating habits for both health and performance It includes the latest findings on carbohydrate loading fat as fuel and the role of protein vitamins and minerals along with recent data on caffeine sugar and the critical role of hydration Written in a straightforward friendly style the book offers specific advice for different levels of fitness and different types of activities

**Chi Marathon** Danny Dreyer,Katherine Dreyer,2012-03-13 From the authors of the bestselling *Chi Running* a game changing training guide for injury free long distance running In *Chi Marathon* Danny Dreyer creator of the revolutionary *ChiRunning* program highly respected running coach and accomplished distance runner takes a whole body approach to long distance running much like T ai Chi making ease and efficiency of movement the prime goal of one s training *Chi Marathon* is the first book to focus not on building stamina first though that is covered here but on how to run all those miles without harming your body A staggering 80 to 90 percent of marathoners face injuries during their training This book debunks the myth that marathoners need to push through and beyond pain and presents a technique based plan for pain and injury free high performance half and full marathons *Chi Marathon* also shows how to improve your performance by developing your own race specific training plan tailored to your event and will help you cross the finish line feeling strong no matter your age body type or running ability Run a marathon or half marathon free of pain and injury Transform your racing with the training triad form conditioning and mastery Tap into your chi an energy source more powerful and enduring than muscles Teach your mind and body to work together as a team and master your event This is the book that distance runners have been waiting for With *Chi Marathon* you can enjoy the run and feel



confident no matter the distance      **Waterlogged** Timothy Noakes,2012-05-01 Drink as much as you can even before you feel thirsty That s been the mantra to athletes and coaches for the past three decades and bottled water and sports drinks have flourished into billion dollar industries in the same short time The problem is that an overhydrated athlete is at a performance disadvantage and at risk of exercise associated hyponatremia EAH a potentially fatal condition Dr Tim Noakes takes you inside the science of athlete hydration for a fascinating look at the human body s need for water and how it uses the liquids it ingests He also chronicles the shaky research that reported findings contrary to results in nearly all of Noakes extensive and since confirmed studies In *Waterlogged* Noakes sets the record straight exposing the myths surrounding dehydration and presenting up to date hydration guidelines for endurance sport and prolonged training activities Enough with oversold sports drinks and obsessing over water consumption before during and after every workout he says Time for the facts and the prevention of any more needless fatalities      *Hal Koerner's Field Guide to Ultrarunning* Hal

Koerner,2014-08-01 Ultramarathons don t leave much room for mistakes Don t learn the hard way get a jump on training for an ultramarathon with Hal Koerner s *Field Guide to Ultrarunning* a comprehensive handbook to running 30 to 100 miles and beyond written by one of the most experienced and recognized athletes in the sport Hal Koerner is among America s best ultrarunners with podium results in more than 90 ultramarathons In his smart down to earth handbook Koerner shares hard earned wisdom field tested habits and insider tips to help you prepare for your ultra You ll find guidance on exactly what you need to know to prepare for ultramarathon including best gear for ultrarunning fueling and hydration guidelines choosing an ultra trail running technique first aid advice beating altitude storms and heat race day game plans crew and pacer tips mental strategies to get you to the finish line The guide offers three detailed training plans to prepare for 50K 50 mile to 100K and 100 mile ultramarathons Start your ultra with confidence and finish it strong with Hal Koerner s *Field Guide to Ultrarunning*      **Running the Dream** Matt Fitzgerald,2020-05-05 The bestselling author of *80 20 Running* and *How Bad Do You Want It* reveals his inspiring and surprising journey to see just how fast he can go Matt Fitzgerald has been running and writing about running for most of his adult life But like many passionate amateur runners he never felt he was quite fulfilling his potential If he follows the training nutrition and lifestyle of an elite runner just how fast could he go In his mid forties Matt at last has the freedom to do nothing but train if only for the span of one summer The time is now He convinces the coach of Northern Arizona Elite one of the country s premier professional running teams to let him train with a roster of national champions and Olympic hopefuls in the running mecca of Flagstaff Arizona leading in to the Chicago Marathon The results completely redefined Matt s notion of what is possible not only for himself but for any runner Filled with a vibrant cast of characters rigorous and quad torching training and a large dose of self deprecating humor Matt s gripping account of his fake pro runner experience allows us to partake in the dream of having the chance to go all the way Yet for the gifted young runners Matt trains with it s not a dream but concrete reality and their individual stories enrich this inspiring

narrative Running the Dream pulls us into the rarified world of professional running in a way we can all relate to regardless of speed and to take away pieces of one man's amazing journey to try to achieve our own potential

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book celebrates the power of community; illuminates the potential of art as a ... The Purple Book, Updated Edition: Biblical Foundations ... The Purple Book is a 12-chapter Bible Study Guide designed to help believers know and apply the essential beliefs of Christianity. purple book, rice broocks. The Purple Book: Biblical Foundations for... by Broocks, Rice The Purple Book is a twelve-part Bible study keyed to the TNIV and designed to help new believers and longtime followers of Jesus stand firm and grow strong in ... The Purple Book, Updated Edition by Rice Broocks Gain a solid foundation the enemy cannot dismantle—and a heart shaped by knowledge of God's Word. The Purple Book: Biblical Foundations for Building Strong ... The Purple Book is a twelve-part Bible study keyed to the TNIV and designed to help new believers and longtime followers of Jesus stand firm and grow strong in ... The Purple Book The Purple Book is a 12-chapter Bible Study Guide designed to help believers know and apply the essential beliefs of Christianity. The Purple Book: Biblical Foundations for Building Strong ... The Purple Book is a Bible study guide designed to help believers know and apply the essential beliefs of Christianity. From students and scholars to parents, ... The Purple Book, Updated Edition: Biblical Foundations for ... The Purple Book is a Bible study guide designed to help believers know and apply the essential beliefs of Christianity. From students and scholars to parents, ... The Purple Book, Updated Edition: Biblical Foundations for ... The Purple Book, Updated Edition: Biblical Foundations for Building Strong Disciples. #16. Bible Study. \$12.99. Add To Cart. Have you done The Purple Book? More ... The Purple Book: Biblical Foundations for Building Strong ... A all encompassing, Christianity 101 type book that is great for new believers to gain a good foundation of biblical truth and for mature believers to be ... The Purple Book, Updated Edition: Biblical Foundations for ... The Purple Book will help you understand foundational truths that God wants you to hear on topics such as sin, salvation, spiritual gifts, prayer, worship, ...

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