

the big book of endurance training and racing

The Big Book of Endurance Training and Racing: Unlocking Your Full Potential

the big book of endurance training and racing is more than just a title; it's a gateway into the world of pushing human limits through dedication, strategy, and resilience. Whether you're an aspiring marathoner, a seasoned triathlete, or simply curious about how to build stamina and race smarter, this comprehensive guide sheds light on everything you need to know about endurance sports. Endurance training isn't just about logging miles or hours on the bike—it's a nuanced blend of physiology, nutrition, mental toughness, and recovery that, when harmonized, leads to peak performance.

In this article, we'll explore key elements from the big book of endurance training and racing, breaking down important concepts while sharing practical tips to help you elevate your endurance game. From understanding the science behind aerobic capacity to mastering race-day strategy, get ready to dive into an engaging journey toward becoming a stronger, more efficient athlete.

Understanding Endurance: The Foundation of Long-Distance Racing

Endurance, at its core, is the body's ability to sustain prolonged physical activity. But what really happens when you train for hours on end or compete in a grueling 100-mile race? The big book of endurance training and racing emphasizes the critical role of aerobic fitness, muscle endurance, and efficient energy systems.

The Science of Aerobic Capacity

Aerobic capacity, often measured as VO2 max, reflects how well your body can use oxygen during intense exercise. Improving this metric is central to endurance training. When you boost your VO2 max, your muscles get more oxygen, allowing you to sustain higher intensities for longer periods. Training methods like long slow distance runs, tempo workouts, and interval sessions are designed to enhance this capacity.

Muscle Adaptation and Fatigue Resistance

Endurance training causes your muscles to adapt in fascinating ways. Mitochondria, the powerhouses of the cells, multiply, increasing your muscles' ability to produce energy aerobically. Additionally, your body becomes better at using fat as a fuel source, sparing precious glycogen stores for later stages of a race. Understanding these physiological changes helps explain why consistent training leads to better performance and delayed onset of fatigue.

Key Components of the Big Book of Endurance Training and Racing

Endurance training is multifaceted. The big book of endurance training and racing breaks it down into several pillars that every athlete should focus on to build a solid foundation.

Training Volume and Intensity Balance

One of the biggest challenges in endurance training is balancing volume (how much you train) and intensity (how hard you train). Too much volume without enough recovery can lead to burnout or injury. Conversely, training only at high intensity can cause fatigue and limit endurance gains. Incorporating a mix of easy runs, threshold workouts, and hard intervals ensures your body develops multiple energy systems while staying fresh.

Periodization: Structuring Your Training Year

The big book of endurance training and racing stresses the importance of periodization—planning your training in cycles. Typically, this involves phases such as base building, strength and speed development, tapering, and recovery. Each phase has a specific goal, allowing your body to peak at the right time, especially for target races.

Recovery and Injury Prevention

No training plan is complete without adequate recovery. Sleep, nutrition, active recovery days, and cross-training all play a role in helping your body repair and strengthen. Overuse injuries like stress fractures or tendonitis are common in endurance athletes, but smart recovery strategies can reduce these risks dramatically.

Nutrition Strategies for Endurance Athletes

Fueling your body correctly can be the difference between hitting a wall and crushing your race goals. The big book of endurance training and racing dedicates significant attention to nutrition – because what you eat directly impacts your energy levels, recovery, and overall performance.

Carbohydrates: The Primary Energy Source

For most endurance events, carbohydrates remain the primary fuel. Complex carbs like oats, sweet potatoes, and whole grains provide sustained energy, while simple carbs such as gels and sports drinks offer quick boosts during races or intense training sessions. Timing your carbohydrate intake before, during, and after exercise optimizes muscle glycogen stores.

Hydration and Electrolyte Balance

Dehydration can severely impair endurance performance. It's essential to maintain proper fluid intake tailored to your sweat rate and environmental conditions. Electrolytes—sodium, potassium, magnesium—must also be replenished, especially during long sessions, to prevent cramps and maintain nerve function.

Protein and Fat: Supporting Recovery and Endurance

While carbs get most of the spotlight, proteins are vital for muscle repair and adaptation. Including adequate protein in your diet helps reduce muscle soreness and supports recovery. Healthy fats, like those from avocados, nuts, and olive oil, contribute to long-lasting energy and support hormone balance.

Mental Toughness: The Unsung Hero of Endurance Racing

Endurance sports challenge not just the body but the mind. The big book of endurance training and racing highlights mental resilience as a key factor separating average athletes from exceptional finishers.

Building Mental Endurance

Long training sessions provide the perfect opportunity to develop mental toughness. Techniques such as visualization, mindfulness, and breaking down a race into smaller, manageable segments can help maintain focus and motivation during tough moments.

Handling Race-Day Pressure

Nerves and anxiety are natural before a big event. Having a pre-race routine, setting realistic goals, and embracing the unpredictability of racing can help you stay calm and perform at your best.

Race-Day Strategies: From Start to Finish

The culmination of months or years of training comes down to how well you execute on race day. The big book of endurance training and racing offers practical advice to optimize your performance from start to finish.

Pacing: The Art of Sustainable Speed

One of the most common mistakes in endurance racing is starting too fast.

Proper pacing – often guided by heart rate, perceived exertion, or power meters – helps conserve energy for the latter stages of the race. Negative splits, where you run the second half faster than the first, are a proven strategy for many endurance athletes.

Gear and Equipment Choices

Choosing the right shoes, clothing, and accessories can improve comfort and efficiency. Testing your race-day gear during training ensures you avoid surprises like chafing or blistering.

Nutrition and Hydration During the Race

Having a race-day fueling plan is crucial. This might include consuming energy gels at regular intervals, drinking electrolyte beverages, and knowing when to eat solid foods if the race duration allows. Practicing this plan during training ensures your stomach can handle it.

Adapting Endurance Training for Different Disciplines

Endurance isn't limited to running. The big book of endurance training and racing covers a wide range of sports including cycling, swimming, triathlon, and adventure racing. While many principles overlap, each sport has unique demands.

Running vs. Cycling: Different Impact, Similar Endurance

Running involves more impact and muscle damage, requiring careful recovery management. Cycling allows for longer training sessions with less musculoskeletal stress, making it ideal for building aerobic capacity.

Swimming: Technique Meets Endurance

Swimming demands efficient technique alongside cardiovascular fitness. Endurance swimmers focus on stroke mechanics, breathing patterns, and building upper body and core strength.

Triathlon: Balancing Three Disciplines

Training for triathlon requires juggling swim, bike, and run workouts without overtraining. The big book of endurance training and racing stresses the importance of brick workouts (combining two disciplines in one session) and seamless transitions.

The journey through endurance training and racing is a rewarding challenge that pushes you to grow physically and mentally. The big book of endurance training and racing serves as a vital resource, illuminating the path with scientific insight, practical advice, and motivational wisdom. Embarking on this adventure means embracing patience, consistency, and a love for the process—qualities that extend far beyond the finish line.

Frequently Asked Questions

What is 'The Big Book of Endurance Training and Racing' about?

'The Big Book of Endurance Training and Racing' is a comprehensive guide that covers training methods, nutrition, and strategies for endurance athletes, aiming to improve performance in long-distance running, cycling, and triathlon.

Who is the author of 'The Big Book of Endurance Training and Racing'?

The book is authored by Dr. Philip Maffetone, a well-known expert in endurance training and sports medicine.

What makes 'The Big Book of Endurance Training and Racing' different from other endurance training books?

This book emphasizes a holistic and individualized approach to training, focusing on aerobic development, injury prevention, and sustainable performance rather than just high-intensity workouts.

Does the book include training plans for beginners?

Yes, the book provides training plans and guidelines suitable for all levels, including beginners, to help them build endurance safely and effectively.

What key training method is highlighted in the book?

The Maffetone Method, which focuses on training at a specific heart rate to maximize fat-burning and aerobic base building, is a key highlight of the book.

Is nutrition covered in 'The Big Book of Endurance Training and Racing'?

Yes, the book includes extensive information on nutrition strategies to support endurance training and optimize racing performance.

Can this book help with injury prevention?

Absolutely, the book offers practical advice on avoiding overtraining,

managing stress, and preventing common endurance-related injuries.

Is 'The Big Book of Endurance Training and Racing' suitable for triathletes?

Yes, the principles and training approaches in the book are applicable to triathletes, runners, cyclists, and other endurance sports participants.

Where can I purchase 'The Big Book of Endurance Training and Racing'?

The book is available for purchase on major online retailers such as Amazon, as well as in specialized sports bookstores.

Additional Resources

The Big Book of Endurance Training and Racing: A Comprehensive Review

the big book of endurance training and racing stands out as a seminal resource for athletes, coaches, and enthusiasts seeking to deepen their understanding of endurance sports. In an era where endurance disciplines like marathon running, triathlons, cycling, and ultra-distance events have surged in popularity, this comprehensive guide offers insights that blend scientific research with practical application. This article explores the book's core contributions, examining how it equips readers to optimize performance, avoid common pitfalls, and approach endurance training with a holistic mindset.

Understanding the Scope of The Big Book of Endurance Training and Racing

At its core, the big book of endurance training and racing is not just a training manual; it is a detailed compendium covering physiological, psychological, and tactical aspects of endurance sports. The book targets a broad audience, from beginners aiming to complete their first endurance event to seasoned athletes aspiring to break personal records. Its scope includes training periodization, nutrition strategies, injury prevention, mental toughness, and race-day tactics.

Unlike many endurance training books that focus narrowly on a single sport, this volume integrates cross-disciplinary knowledge, making it useful for runners, cyclists, triathletes, and even adventure racers. The inclusion of case studies and data-driven insights enhances its credibility, aligning with current trends in sports science and coaching methodologies.

Scientific Foundations and Training Methodologies

One of the book's strengths lies in its commitment to evidence-based training. It delves into the physiology of endurance, explaining how aerobic capacity, lactate threshold, and muscular endurance interact to influence performance. Readers encounter detailed explanations on training zones, heart

rate variability, and the role of VO2 max. This scientific grounding enables athletes to understand why certain training approaches are more effective than others.

The big book of endurance training and racing emphasizes periodization—a structured approach to training that balances volume, intensity, and recovery. It guides readers through macrocycles, mesocycles, and microcycles, helping athletes tailor their plans according to their goals and timelines. This methodical approach is essential for long-term progression and minimizing burnout or injury.

Nutrition and Recovery Strategies

Endurance performance is as dependent on nutrition and recovery as it is on physical training. The book dedicates substantial attention to fueling strategies before, during, and after exercise. It examines the role of carbohydrates, fats, and proteins in energy metabolism and muscle repair, providing practical advice on meal timing and hydration.

Especially noteworthy is the discussion on race-day nutrition, where the book outlines how to avoid common issues such as bonking, dehydration, and gastrointestinal distress. It also covers supplementation, weighing the benefits and risks of popular ergogenic aids within an athlete's regimen.

Recovery protocols receive equal emphasis, with sections devoted to sleep hygiene, active recovery methods, and techniques such as foam rolling and massage. These practices are framed as critical components of sustainable training and injury prevention.

Integrating Mental Toughness and Tactical Acumen

Endurance sports challenge not only physical limits but also mental resilience. The big book of endurance training and racing addresses psychological preparation by exploring motivation, goal setting, and coping mechanisms for fatigue and discomfort. The book incorporates findings from sports psychology to help athletes develop focus and maintain composure under pressure.

Race strategy is another focal point. Readers learn how to pace themselves effectively, manage environmental variables like heat or altitude, and adapt to unforeseen circumstances during competition. The book's approach to tactical planning encourages flexibility and situational awareness, which are crucial in dynamic race environments.

Comparisons with Other Endurance Training Guides

When compared with other popular endurance training resources, such as "Training for the Marathon" by Hal Higdon or "The Triathlete's Training Bible" by Joe Friel, the big book of endurance training and racing offers a more integrative and science-backed approach. While Higdon's and Friel's works are sport-specific and highly practical, this book's broader scope and

inclusion of multidisciplinary perspectives make it a valuable reference for athletes engaged in multiple disciplines or seeking a deeper understanding of endurance physiology.

However, this comprehensive nature can be a double-edged sword. Some readers might find the depth of scientific detail overwhelming, particularly novices who prefer straightforward training plans. In contrast, more experienced athletes and coaches will appreciate the nuanced discussions and extensive data references.

Practical Applications and Reader Benefits

Implementing the principles from the big book of endurance training and racing can lead to measurable improvements in performance and athlete well-being. Key takeaways include:

- Customized training plans that incorporate progressive overload and adequate recovery.
- Nutrition strategies that optimize energy availability and support muscle repair.
- Mental training techniques to enhance focus and resilience during long events.
- Race-day tactics that improve pacing and adaptability under varying conditions.
- Injury prevention protocols rooted in biomechanical understanding and recovery science.

Athletes who adopt a holistic approach as recommended in the book are more likely to experience sustainable progress and reduce the risk of overtraining syndrome.

The Big Book of Endurance Training and Racing in the Digital Age

In today's digital landscape, many athletes rely on apps, wearable tech, and online coaching platforms. The big book of endurance training and racing complements these tools by providing the theoretical framework behind the data these devices generate. Understanding the "why" behind training metrics like heart rate zones, power output, and recovery scores empowers athletes to make informed decisions rather than blindly following numbers.

Moreover, the book encourages critical thinking about popular trends such as high-intensity interval training (HIIT) versus traditional long slow distance (LSD) workouts. By presenting pros and cons supported by research, it enables readers to customize their programs based on scientific rationale rather than hype.

Strengths and Limitations

While the big book of endurance training and racing excels in its comprehensive coverage and scientific rigor, it may not replace personalized coaching for every athlete. The complexity of endurance training often requires individualized adjustments that a book cannot fully provide. Additionally, the extensive content could be daunting for readers seeking quick answers.

On the positive side, the book's integration of mental, nutritional, and tactical elements alongside physical training distinguishes it from more narrowly focused guides. Its balanced tone and reliance on peer-reviewed studies lend it credibility in both amateur and professional circles.

Ultimately, this resource functions best as a foundational text—one that athletes can return to repeatedly as they advance through different stages of their endurance journey.

The big book of endurance training and racing remains a vital resource in the evolving field of endurance sports. Its multidisciplinary approach, grounded in science and enriched with practical insights, equips athletes to train smarter, race more strategically, and sustain their passion for endurance challenges over the long term. Whether preparing for a marathon, an Ironman, or an ultra-trail race, readers will find in this volume a trusted companion that bridges theory and practice.

[The Big Book Of Endurance Training And Racing](#)

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the big book of endurance training and racing: *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: [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 endurance training and racing: Primal Endurance Mark Sisson, Brad Kearns, 2016 *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 big book of endurance training and racing: 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 big book of endurance training and racing: *IronFit's Everyman Triathlons* Don Fink, Melanie Fink, 2018-03-01 Completing IronFit's "triathlon trilogy" alongside *Be IronFit* and *IronFit Secrets for Half Iron-Distance Success*, this is a "go-to," time-efficient training guide for the Standard and Sprint-distance triathlons, which are the most accessible and achievable distances for time-crunched athletes. The Standard Distance is the original triathlon configuration: a 1.5 km swim, 40 km bike, and 10 km run (0.9 mile swim, 24.8 mile bike, and 6.2 mile run). The Sprint Distance usually includes a 750 meter swim, 20 km bike, and 5 km run (Half mile swim, 12.4 mile bike, and 3.1 mile run). And there are duathlon equivalents of both triathlon races. These Short Course distances are the "everyman" races of the sport, and Don and Melanie Fink offer their time-efficient IronFit® training approach to them here in this book.

the big book of endurance training and racing: *IronFit Triathlon Training for Women* Melanie Fink, Don Fink, 2015-01-06 Providing exactly what the fastest growing segment of the triathlon world yearns for, Melanie and Don Fink have created a complete training guide for women triathletes with highly efficient, easy-to-follow, multi-distance training programs. Women encounter all the same challenges as men in their triathlon training and racing, but there are a host of issues unique to them, issues about which most men don't have a clue. From the stay-at-home mom to the professional woman, female triathletes face societal expectations, and unique physical and emotional concerns. Until now, there has been never been a go-to source of information and guidance. IronFit Triathlon Training for Women arms the woman triathlete with everything she needs to know to persevere and lays out exact step-by-step training programs to help her to achieve her goals. This book includes three training programs designed for women at the Sprint/Standard (a/k/a Olympic) Distance, Half Iron-Distance, and Full Iron-Distance. Each program is presented at three levels: Competitive, Intermediate, and Just-Finish. The reader can select the program for the race distance she wants to train for and the exact level, based on her individual competitiveness, experience, and available training time.

the big book of endurance training and racing: *IronFit Secrets for Half Iron-Distance Triathlon Success* Don Fink, Melanie Fink, 2013-12-23 Why is the Half Iron-Distance the most popular triathlon distance? Because it is the perfect length for busy athletes with demanding career and family responsibilities. Full Iron-Distance races require such painstaking planning and sacrifice that it's difficult to keep life in balance. The Half Iron-Distance is accessible, while remaining challenging. Also known as the "70.3" for the sum of its 1.2 mile swim, 56 mile bike ride, and 13.1 mile run, the half-iron triathlon is not simply a race for which an athlete can use a full-iron training regimen chopped in half. Doing so would in no way approach maximizing an athlete's performance. The races are performed at completely different intensity levels, with completely different approaches. As a result, the training is completely different. IronFit Secrets to Half Iron-Distance Triathlon Success does for the half-iron what *Be IronFit* has done for the full-iron. It provides three sixteen-week training programs—Competitive, Intermediate, and "Just Finish"—and details

everything an athlete needs to know to successfully prepare for and maximize performance at this racing distance. In as little as four months, any athlete can be physically and mentally ready for the world's most popular triathlon challenge.

the big book of endurance training and racing: Elite Physique Chad Waterbury, 2021-11-02 If muscle growth seems nonexistent, but you don't have time to spend more hours in the gym each day, don't give up. There is a better way. Featuring a revolutionary approach to male physique transformation, *Elite Physique: The New Science of Building a Better Body* offers a fresh approach to body sculpting. Based on scientifically proven strategies for making workouts more effective, *Elite Physique* features over 100 exercises and 50 exercise videos for men seeking training programs designed to build muscle, burn fat, or target those problem areas that are slower to respond to training. Written by Dr. Chad Waterbury, a physical therapist who understands how bodies change with age, *Elite Physique* shows you how to make radical physical changes by manipulating sets, reps, and frequency and by deciding when and how to use advanced training methods. You'll start by performing an honest physical assessment to establish a starting point and more accurately gauge your progress. As you move into exercises for the lower body and upper body, you'll find tips on altering exercises to alleviate stress on primary joints like the shoulders, elbows, wrists, lower back, hips, and knees. Video clips offer demonstrations of many of the exercises, highlighting proper technique and common mistakes. You'll learn the finer points of sculpting the midsection and will be able to create programs to target a lagging body part, either as an add-on to full-body training or as a stand-alone high-frequency training plan. Waterbury also includes advice on how to make staple lifts such as squats, deadlifts, and presses more joint friendly for older, more physically battered lifters. He breaks down how training must change as you age—with a program for a 20-year-old looking different than one for a 50-year-old—to safely pursue your goal of a lean, muscular physique. Designed for men looking for the most effective approach to ignite their physique transformation, *Elite Physique* is a go-to resource. Note: A code for accessing the online video is included with this ebook.

the big book of endurance training and racing: The Functional Nutrition Cookbook Lorraine Nicolle, Christine Bailey, 2012-09-15 This unique cookbook for food and health professionals looks beyond intervening in the symptoms of health problems and addresses the ways in which diet can be used to help correct underlying imbalances in the body. It also comes with downloadable PDFs of printable recipes that can be used by practitioners to provide extra support for clients.

the big book of endurance training and racing: Maximum Aerobic Power James Breese, 2020-02-01 *Maximum Aerobic Power* is a program for everyday athletes over thirty who want to build a powerful aerobic engine and forge a heart of elastic steel - without sacrificing any strength, speed, or power. Enjoy a refreshingly alternative approach to cardiovascular fitness that will help you: - Go faster, for longer. - Get stronger and more resilient to injury. - Lose excess body fat - and keep it off. - Reduce stress, preserve health, and avoid burnout. - Fall in love with cardio training and have more fun. Inside you will find the actual plan we created after running thousands of tests and identifying what works. It will give you all the processes, resources, and methods that we use to build powerful and successful aerobic training plans. By the end of *Maximum Aerobic Power*, you'll understand the what, why, and how of crafting the perfect aerobic training plan. Moreover, you'll leave with a 12-month blueprint that you can follow for lasting results.

the big book of endurance training and racing: The Keto Reset Diet Mark Sisson, Brad Kearns, 2017-10-03 NEW YORK TIMES BESTSELLER • Mark Sisson unveils his groundbreaking ketogenic diet plan that resets your metabolism in 21 days so you can burn fat forever. "Sisson masterfully delivers a comprehensive guide . . . to finally achieve success as it relates to health and weight loss."—David Perlmutter, M.D., author of *Grain Brain* Mounting scientific research is confirming that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time—and that it might be the healthiest and most effective weight loss strategy ever. Going "keto" by eating high fat, low-to-moderate protein and low-carb foods enables

you to break free from the disastrous effects of carbohydrate dependency by resetting your metabolism and promoting metabolic flexibility—where your body learns to burn fat instead of sugar for energy, even when you go off plan. Unlike many other ketogenic programs that require challenging restrictions and deprivation or offer misinformation, Mark Sisson, bestselling author of *The Primal Blueprint* and publisher of the #1 paleo blog *MarksDailyApple*, presents a unique two-step, scientifically validated approach for going keto the right way. He first reveals the real secret to rapid and sustained weight loss, which is in becoming fat-adapted before entering full nutritional ketosis. It takes as little as 21-days to reprogram your metabolism to burn fat for fuel, by ditching processed grains, sugars, and refined vegetable oils in favor of nutrient-dense, high fat, primal/paleo foods—and you'll see immediate results. Next, you'll fine-tune with Intermittent Fasting and then foray into full ketogenic eating for a further weight loss boost and improved health. With *The Keto Reset Diet*, you can eat to total satisfaction by enjoying rich, high-satiety foods, and even weather occasional slip-ups, using:

- Step-by-step guidance
- A helpful list of toxic foods to avoid and nutrient-dense food to replace them
- Daily meal plans, including a recipe section with over 100 keto friendly recipes

You'll use keto as a lifelong tool to stay trim, healthy, energetic, and free from the disastrous health conditions caused by the typical American diet. *The Keto Reset Diet* is the definitive guide to help the keto-beginner or the experienced health enthusiast understand the what, why, and how to succeed with ketogenic eating.

the big book of endurance training and racing: The Healthy Golfer Philip Maffetone, 2015-08-04 Reach your full potential on the golf course by improving your mental and physical strengths. All golfers want to improve their swing and, as a result, lower their score. But often, despite numerous golf instruction videos, lessons with pros, and time on the range, they are still far away from reaching their goals. Maybe that is because golfers are thinking about the process of improvement incorrectly? Maybe achieving a repeatable swing and staying calm under pressure is not all about time on the range or on the course, but the manner in which you care for your body and mind, as that is the foundation of a great golf game. The goal of *The Healthy Golfer* is to provide you with information that will help engage all of your senses on the course so you can enjoy the game as much as possible for your entire life. Starting with your feet and concluding with a discussion of brain function, you will learn not only how to play better physically, but to excel at the game from a mental standpoint. Topics covered in *The Healthy Golfer* include: How the feet are the foundation for the swing Correcting muscle imbalances (and not by stretching) Improving mental focus on the course And many more! By focusing on critical aspects of human performance, such as diet, stress, muscle imbalance, the brain, and injuries, which are usually neglected areas of concern, *The Healthy Golfer* will teach you that it is impossible to reach your full potential on the course if you are not healthy in both body and mind. 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 big book of endurance training and racing: Two Meals a Day Mark Sisson, Brad Kearns, 2021-03-09 The New York Times bestselling author of *The Primal Blueprint* and *The Keto Reset Diet*, Mark Sisson, turns his health and fitness expertise to the latest diet trend, which he has coined, "intermittent eating!" Are you sick and tired of struggling through regimented diets that work for a minute and then become unsustainable? Are you confused about the changing fads and ongoing controversy over what's healthy and what's not? It's time to embrace a simple, scientifically validated plan that transcends gimmicks and avoids the stress of regimented macros and mealtimes. Health and fitness expert Mark Sisson presents a comprehensive lifestyle approach based on the

principles of intermittent fasting. He'll teach you how to gracefully burn body fat while keeping your energy, focus, and positive attitude. In TWO MEALS A DAY, you'll implement an eating style that's incredibly nourishing and easy to adhere to for a lifetime, dial-in a winning fitness routine, prioritize recovery, and learn powerful strategies for overcoming self-limiting beliefs and behaviors. When you're ready to level up, you'll implement some cutting-edge techniques to achieve stunning body composition breakthroughs. Packed with forty-two delicious meals in a variety of categories, TWO MEALS A DAY has everything you need to hit the ground running and pursue enjoyable and lasting lifestyle transformation.

the big book of endurance training and racing: *Advances in Human Factors in Sports, Injury Prevention and Outdoor Recreation* Tareq Ahram, 2017-06-14 This book describes cutting-edge applications of human factors for sports, injury prevention and outdoor recreation disciplines and provide practical guidance on a range of methods for describing, representing, and evaluating human, team, and system performance in various domains. Contributions in this book show how various human factors methods, applied historically in the complex safety critical domains, are suited to describing and understanding sports performance and sports injury prevention. The book discusses a wealth of methods for different purposes, such as data collection, task analysis (including cognitive task analysis), workload measurement, assessing situation awareness, performance assessment (including team performance assessment), decision making and cognition in sports, human error identification, and interface evaluation methods. With respect to other publications in human factors and ergonomics, which have been more focused on the biomechanical, physiological, environmental, and equipment-related aspects of sports performance, this book gives a special emphasis to research on analysis of individual and team sports, cognitive and social human factors, and covers both sports and outdoor recreation disciplines. Based on the AHFE 2017 Conference on Human Factors in Sports, Injury Prevention and Outdoor Recreation, held on July 17-21, 2017, in Los Angeles, California, USA, this book provides readers with a timely survey of new methods that can be implemented during any sport or outdoor recreation event, and for analyzing and improving the performance and safety of both individuals and teams.

the big book of endurance training and racing: *The New Primal Blueprint* Mark Sisson, 2016-11-15 Mark Sisson's 2009 release of *The Primal Blueprint* was the catalyst for the primal/paleo/ancestral health movement to gain mainstream awareness and acceptance. Both the hardcover and paperback editions enjoyed a seven-year run at the top of the primal/paleo charts and selling hundreds of thousands of copies. Sisson, publisher of the acclaimed MarksDailyApple.com, the acclaimed and most-visited primal/paleo blog, has spent the past six years diligently researching and evaluating recent the most up-to-date science and reflecting on thousands of users' experiences going primal. The second edition of *The New Primal Blueprint* offers a comprehensively revised, expanded, and updated message from the original runaway bestseller. *The New Primal Blueprint* serves as the ultimate road map for anyone wishing to make the shift from flawed conventional wisdom about diet and exercise to a healthy, happy empowering lifestyle patterned after the evolutionary-tested behaviors of our hunter-gatherer ancestors. The book details the ten immutable Primal Blueprint lifestyle laws that enable empower you to reprogram your genes to direct in the direction of weight loss, health, and longevity. The Primal Blueprint laws are validated by two million years of human evolution as well as an ever-expanding body of contemporary scientific research. Sisson's philosophy was originally met with skepticism as he aggressively challenged numerous mainstream health tenets. Eight years later, mainstream medical and health science are validating the Primal Blueprint tenets assertions that a high-carb, grain-based diet will make you fat, tired, and sick; that a consistent routine of medium-to-difficult cardiovascular workouts can actually compromise your health and longevity and increase risk of heart disease; and that consuming (whole food sources of) fat and cholesterol does not lead to heart disease as we have been led to believe, but rather offers many health benefits. *The New Primal Blueprint* comes alive with a vibrant full-color presentation packed with photos, graphics, and cartoons to make for a fun, easy, and memorable read. Join hundreds of thousands of primal enthusiasts and embrace a new way of life

where you take responsibility for your health, fitness, and happiness. Reject once and for all the flawed conventional wisdom that has left modern citizens struggling with fatigue, excess body fat, and elevated disease risk factors as a consequence of grain-based eating habits, exhausting exercise routines, sedentary lifestyle patterns, and high-stress existences that misdirect our genes and promote illness instead of wellness and longevity. Here is a quick overview of the ten Primal Blueprint laws that will help you quickly and effortlessly reprogram your genes in the direction of health, happiness, and longevity: Law #1 - Eat Plants and Animals: Enjoy the nutritious, satisfying foods that fueled two million years of human evolution. Law #2 - Avoid Poisonous Things: Avoid toxic modern foods (primarily refined vegetable oils, sugars, and grains) that make us fat, sick, and malnourished. Law #3 - Move Frequently: Enhance fat metabolism, improve cognitive function, and avoid the stress of chronic cardio by keeping active with aerobic workouts at a comfortable heart rate, increased everyday movement, and complementary flexibility/mobility activities throughout your day. Law #4 - Lift Heavy Things: Brief, intense sessions of functional, full-body resistance exercises supports muscle development, increases bone density, and prevents injury. Law #5 - Sprint Once in a While: Occasional all-out sprints turbo-charge fat reduction and deliver a boost of anti-aging hormones. Law #6 - Get Plenty of Sleep: Align your sleep with your circadian rhythm by minimizing artificial light and digital stimulation after dark, and creating a calm, quiet, dark sleeping sanctuary. Optimal sleep promotes healthy immune, brain, and endocrine function. Law #7 - Play: Balance the stress of modern life with some unstructured, physical fun! Both brief breaks and grand outings are essential to nurture a cognitively fluid mind and a free spirit. Law #8 - Get Plenty of Sunlight: Expose large skin surface areas frequently to optimize vitamin D production (increases energy, prevents cancer). Maintain a slight tan, but never burn. Diet alone doesn't cut it. Law #9 - Avoid Stupid Mistakes: Learn to be mindful and vigilant against dangers, both extreme and routine. Cultivate risk management skills to stay safe and sensible and eliminate "avoidable suffering." Law #10 - Use Your Brain: Engage in creative and stimulating activities away from your core daily responsibilities. This will keep you refreshed, energized, creative, and productive in everything you do.

the big book of endurance training and racing: *Chi Marathon* Danny Dreyer, Katherine Dreyer, 2012-03-13 Challenges common practices while outlining a technique-based program for pain- and injury-free high-performance half and full marathons.

the big book of endurance training and racing: *Return to Fitness* Bill Katovsky, 2011-01-22 Bill Katovsky was a two-time Hawaii Ironman finisher, a guy who bicycled solo across the U.S., an endurance athlete who competed in a three-day race mountain bike race across Costa Rica. But through a series of misfortunes, including depression, losing his dog, death in his family, and debilitating health problems, Katovsky went from being a multisport junkie to complete couch potato. He stopped working out. For almost ten years! By the time he hit fifty, he decided it was time for a change. How he fought his way back to fitness is not only a riveting, brutally honest, and ultimately inspiring story, it is also a hands-on guide to help anyone reclaim health and well-being. Katovsky supplements his personal story with those of others successfully making a return to fitness - an astronaut who spent five months in space; a former Wall Street trader who lost seventy-five pounds and became Hawaii's Fittest CEO; a retired two-time world-champion Hawaii Ironman triathlete with a bum hip that needed replacing, a Yosemite park employee who broke her spine in a hiking accident and is now back on the trails; and a sixty-something business educator who's had six heart bypasses but still backpacks and goes to the gym. With the advice of personal trainers, fitness experts, and multisport coaches, Katovsky offers a wealth of useful information, including: Diet and nutrition - what you need to know for a healthy body How aging, body fat, and motivation affect physical and mental health; and why exercise is good for depression Successfully building a proper aerobic and strength base - workouts you can do at home! Tips for injury prevention - from avoiding overtraining to why stretching isn't recommended.

the big book of endurance training and racing: *Positively Smarter* Marcus Conyers, Donna Wilson, 2015-07-20 *Positively Smarter* brings together seven principles for connecting the science of

neuroplasticity to practical strategies for enhancing the synergy of happiness, achievement, and physical well-being. Moving beyond common myths, the text builds an evidence-based paradigm to empower readers to take practical steps to move forward. Brings together current research on cognitive psychology, education (learning), and implications of neuroscience to suggest powerful ways to enhance the kind of cognitive function and productivity that leads to happiness and success Applies implications of current research showing that happiness is a skill and that positive affect can lead to higher levels of creative problem solving, productivity, achievement, and well-being Shares research and strategies for supporting physical activity and nutrition that may enhance neuroplasticity, cognitive performance, and positive affect Puts learners first and then brings in the science, presenting creative or adaptive strategies that can be applied in the real world Includes action assessments to guide readers in taking concrete steps to achieve the goals they set for themselves Identifies deeply held assumptions that innate talent, genes, socioeconomic status, and ethnicity mean that a significant percentage of the population lacks the neurocognitive potential to achieve at higher levels Draws on the authors' research from a broad range of fields in order to maximize the positive impact of a synergistic approach

the big book of endurance training and racing: *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.

the big book of endurance training and racing: *1,001 Pearls of Runners' Wisdom* Bill

Katovsky, 2012-06-01 Within these pages, runners will find a wealth of knowledge, expertise, and even a little humor to encourage them in their sport. But whether comical or serious, the quotes contained here represent the finest writing and wisdom on running. Geared towards everyone from the long-distance enthusiast to the relative or friend of one, the musings collected are poignant, sentimental, and amazing. *1,001 Pearls of Runners' Wisdom* covers a wide swath of topics, ranging from training to coaching to marathons to shoes to diet, and even barefoot or natural running, a new trend inspired by Christopher McDougall's national bestseller, *Born to Run*. I started the Boston Marathon as a 20-year-old girl, and came out the other end a grown woman. —Kathrine Switzer It has been said that the love of the chase is an inherent delight in man—a relic of an instinctive passion. —Charles Darwin A lot of people run a race to see who's the fastest. I run to see who has the most guts. —Steve Prefontaine Don't worry, everyone slows over time. —Bill Rodgers There's nary an animal alive that can outrun a greased Scotsman. —Groundskeeper Willy, from *The Simpsons* Speed is sex ... distance is love. —David Blaise, Canadian ultrarunner Gazelles run when they're pregnant. Why should it be any different for women?? —Joan Ulliot, M.D. I'm afraid the reason so many new runners quit is because they never get past the point of feeling like they have to run. —John Bingham Run softly by imagining a helium balloon attached to your head. —Lieutenant Colonel (Dr.) Dan Kuland, U.S. Air Force Chief of Health Promotion Motivation is what gets you started. Habit is what keeps you going. —Jim Ryun They were the lightest shoes I could find. —Ron Hill, elite British long-distance runner, on why he ran barefoot People [say to] me after a race, 'I get so many blisters from shoes, if I run barefoot, it's going to be worse.' And I say, 'Well that's why I stopped wearing shoes because I got tired of getting blisters.' —Ken Bob Saxton, aka “Barefoot Ken

Bob,” has run 76 marathons, 75 of them shoeless, since 1997 The mile has all the elements of drama. —Roger Bannister Anything worth doing is going to be difficult. —Fauja Singh, 100 years old, after finishing the 2011 Toronto Marathon in 8:25 One cannot run away from his behind. —African proverb

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