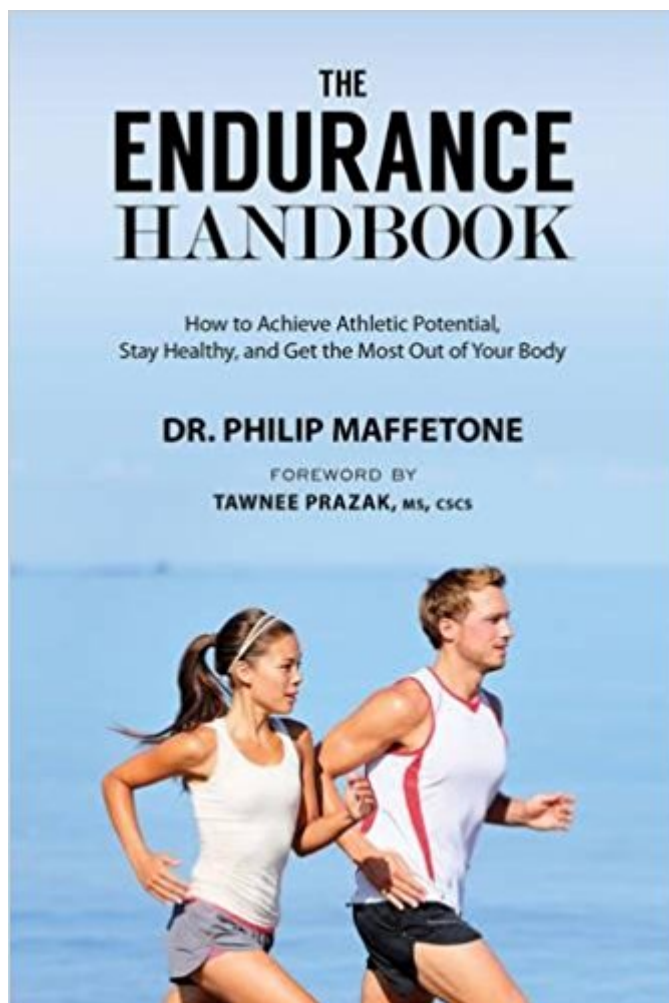


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# The Endurance Handbook: How To Achieve Athletic Potential, Stay Healthy, And Get The Most Out Of Your Body



## Synopsis

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.

## Book Information

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## Customer Reviews

Dr. Philip Maffetone has worked with endurance athletes for more than thirty-five years. He is the author of eighteen books on health and fitness, including "The Big Book of Endurance Training and Racing," and the popular textbook "Complementary Sports Medicine." Some of his patients have included running guru Dr. George Sheehan, famed New Zealand coach Arthur Lydiard, marathon great Grete Waitz, and six-time Hawaii Ironman world champion Mark Allen. He lives in Oracle, Arizona. Mark Allen is a six-time winner of the Hawaii Ironman Triathlon.

A well-done book summarizing the lifestyle that will support both health and endurance excellence. The Maffetone method seems to remain controversial (unliked) but I think a lot of this can be attributed to unwillingness to put in the time it takes to develop "a great aerobic engine". It's also culturally out of sync with the high-intensity-every-workout training that often (but not necessarily) characterizes crossfit-like training programs. After a typical MAF workout one should feel energized and certainly not ready to meet "Rabdo" - that's totally out of sync with our adrenaline obsessed culture. BUT - Maffetone's training method works. Take the time to build your aerobic engine and you will soon be running (biking, rowing...) circles around the athletes who only training high intensity. It's important to note that Maffetone is not against high intensity training - it just needs to be in its place - on top of a well-developed aerobic engine. Read the book, take the time and build your aerobic engine. You will not regret it.

This is THE MANUAL if you have had issues with running and injuries or not being able to improve your running. Phil Maffetone gets to the heart of the matter by explaining that you are probably breaking your body down instead of building it up. You may seem more fit, but you are probably less healthy. It's the less health part that creeps up and causes injuries and in some cases death. This is a must read if your goal is to be fit AND healthy.

I have done a lot of studying in the field of endurance as far as diet and training goes. I have had the

greatest success, by far, utilizing many of the methods Dr Maffetone teaches. I successfully completed a tough Black Hills 100 and continue to improve daily after somewhat of a long plateau in performance for myself. The MAF method and the 180 formula have opened up more levels for me and I have confidence in the process that I will continue to improve! Very grateful to Dr Maffetone and his research!

If there is one author I recommend to my friends and family over and over again, it's Dr. Phil Maffetone. The Endurance Handbook is a great read for athletes of all levels, from beginners to advanced. I've been running for two years following Maffetone's approach and this book gave me many new insights again. Highly recommended!

In the year since using Phil Maffetone's MAF method, I have been able to run two marathons, including a Disney World Dopey Challenge (which consists of four consecutive days of a 5k, 10k, half marathon, and full marathon) without any injury. This is my first full year without injury and without decreasing mileage. The book helps in understanding the differences between the roles of the aerobic and anaerobic systems in run training. The book is easy to follow, and the method is clearly described. It may not be for everyone, but for now, it is the method for me.

I love Phil Maffetone! I'm a pro mountain biker and I wish I'd known about Phil 15 years ago. I could have saved myself so much heartache. Over the years I've fallen into every trap Phil describes in this wonderful book. No other coach is thinking as progressively as Phil. When was the last time you heard a coach talking about the importance of methylated B vitamins? Details matter. Highly recommended.

I like this book very much. Great Information on nutrition to help the running to become fat adapted. Great advice on on running in your aerobic zone. Just a overall great book. I could probably read again and learn more.

In this book, the author did a good job of explaining the why behind his points, and spent more time on that versus the how. I came away feeling more knowledgeable, and will try some of the points laid out.

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

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