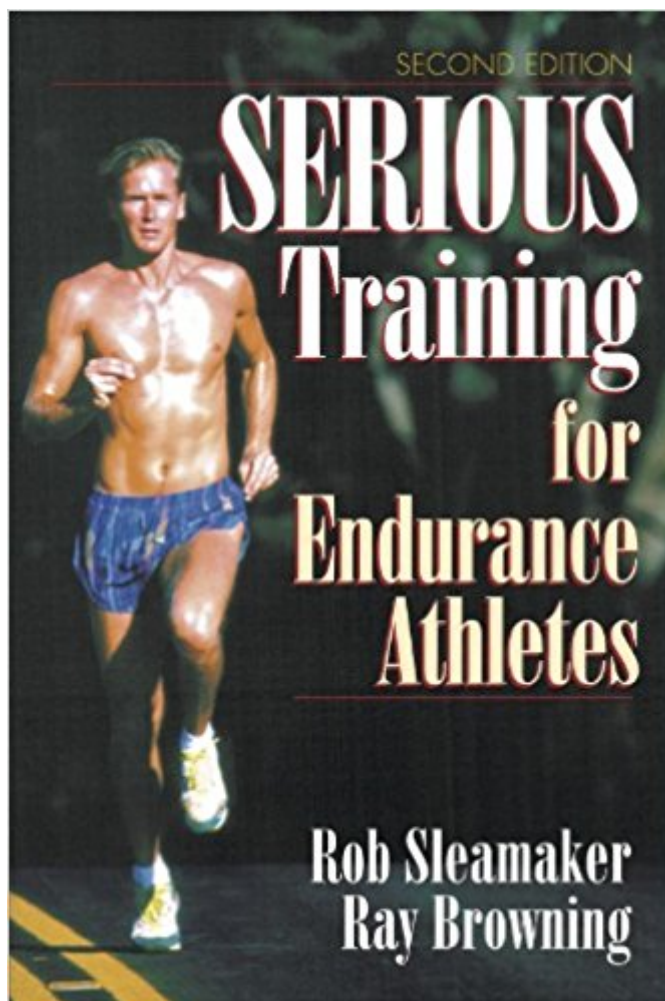


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# Serious Training For Endurance Athletes 2nd



## Synopsis

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 trainingâ "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.

## Book Information

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## Customer Reviews

""The ultimate resource for the endurance athlete. This book will take you up to the next level.""Connie Carpenter1984 Olympic Gold-Medal CyclistPresident, Carpenter/Phinney Bike Camps ""Rob and Ray have laid out the nuts and bolts of endurance training, taking into consideration perhaps the single most important factorlifestyle. SERIOUS Training for Endurance Athletes provides the fundamentals necessary to start developing a training regime that works for you!""Mark Allen, Six-time Hawaii Ironman Champion "

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If you ever wanted a concrete way to actually do those fitness resolutions to make yourself a lean mean working machine this book is the ticket. It is a very inexpensive way to get the best coaching spelled out in an easy to read format. If you want to make yourself competitive for any sport this book will explain how...and it is a challenge and difficult but isn't that the point?

I bought this book on the recommendations of customers and I must admit that I wasn't disappointed. Sometimes you don't know what you're going to get when everyone gives a book 5 stars. Sometimes it's hard to get an unbiased review. I was pleased with the book and what others have said is true. I recommend this book to endurance athletes looking for reasons and explanations on why to train a certain way and what it will do for your body in the long run. However, I am a competitive rower and there were few topics that took rowing into account. Most of the training is geared towards running/cycling/triathletes and not specific to rowing as much as I was hoping. Also, there is way too little emphasis on resistance training. Most of the book is about setting up a mathematical training plan and says to devote time sparingly to strength training. I'm not an expert on other sports, but I do know that power through strength training is vital for a strong pull on those oars. I suggest devoting more time in the SERIOUS formula to weight training in the gym than the book suggests, especially in the early training weeks. As for the rest of the book, it's great, but it takes a \*LOT\* of paperwork. Fortunately my wife is handy with MS Excel and plotted all the charts for me with formulas that makes it all easy. However, without her I know that I would be daunted and discouraged at the task of making all the charts and calculations by hand. In a future updated edition (I hope that they make one) the book should come with a CDROM loaded with all the charts and formulas, or at least a web site link for downloading them. In the 21st century it's good practice to have online content and I hope to see it with this great text book.

This is a very good systems design book that details how to develop a "best available strategy"

training program to accomplish a goal you set -- e.g., run a 50 Minute 10K race in late August. I know of no other book so good at letting you set a goal and then derive a fully structured training program for meeting that goal.\* based on current optimization theories regarding load (HR), workout duration, periodization ...

It has a lot of good ideas on how to create a training schedule. This isn't the main book I use but I do revert to some of the ideas on occasion.

I'm a distance runner and am looking for information on how to improve my time. This book seems to do a good job going into a lot of detail on physical performance. However, I found the book very tedious to read. It read more like a textbook, than a helpful resource.

I rate this book as just OK for ease of use and for understandability. It is a book for serious and dedicated athletes, who must plan everything. The weakness of this book is that it is not for casual athletes regardless of what the previous reviewers would have you believe. The second weakness of this book is you have to be able to speak the lingua franca of serious athletic training, which I guess I do not. A third issue I have with this book is that when I tried it, it took the fun out of just riding. I'm still riding but I'm not training for racing except for longer endurance races like a half century or a century ride. A better book to buy if you are trying to cycle to lose weight is *Racing Weight* by Matt Fitzgerald, which is available on this site. *Racing Weight* advises beginners, like I used to be when I bought *Serious Training for Endurance Athletes*, to exercise based on what you love to do, which is how eventually you will lose the weight you want to trim off. *Serious Training* is an advanced book, which might be better bought and read after one has found an endurance sport they love and do it regularly for the FUN of it.

not enough

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