

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

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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 ...

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4.0 out of 5 stars The big book of endurance training and racing. Reviewed in the United States on September 23, 2019. Verified Purchase. The book has a very original but logic approach. Makes a lot of sense. It is hard to start training at Max Aerobic heart rate because it seems boring but then one learns to realize how much heart rate varies ...

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