

[PDF] The Big Book Of Endurance Training And Racing

Philip Maffetone, Mark Allen - pdf download free book



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Description:

Review "Dr. Maffetone shares his lifetime of experience in helping athletes of all abilities become better." ----Dr. Tim Noakes, author of "Lore of Running"

"If you don't read Phil Maffetone, you're turning your back on one of the most powerful, probing minds in endurance sports. The brilliance of Maffetone's work is his re-discovery of the ancient understanding that the human engine doesn't need to be fueled on suffering, and that pain is only

the penalty you pay for back-burnering your brain. The best advice you could give any athlete, no matter what their level, is to read Maffetone and start over." ---Christopher McDougall, author of "Born to Run: A Hidden Tribe"

"In the over-populated world of fitness and health books, what does this new one have to offer? The first thing that springs to mind is authority. Methodology is another element that sets the book apart. Because of its tailor-made approach, the book is good for beginners and for those who've read and seen it all, but who are still not performing their best." --Lava Magazine

About the Author Dr. Philip Maffetone is an internationally recognized researcher, educator, clinician, and author in the field of nutrition, exercise and sports medicine, stress management, and biofeedback. He was named "Coach of the Year" by Triathlete Magazine and honored by Inside Triathlon magazine as one of the top twenty most influential people in endurance sports worldwide. He is the author of more than a dozen books on sports, fitness, and health.

Mark Allen is six-time winner of the Hawaii Ironman Triathlon.

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