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The Big Book of Endurance Training and Racing 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 emphasizes building a strong aerobic base for increased fat burning, weight loss, sustained energy, and a healthy immune system.

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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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