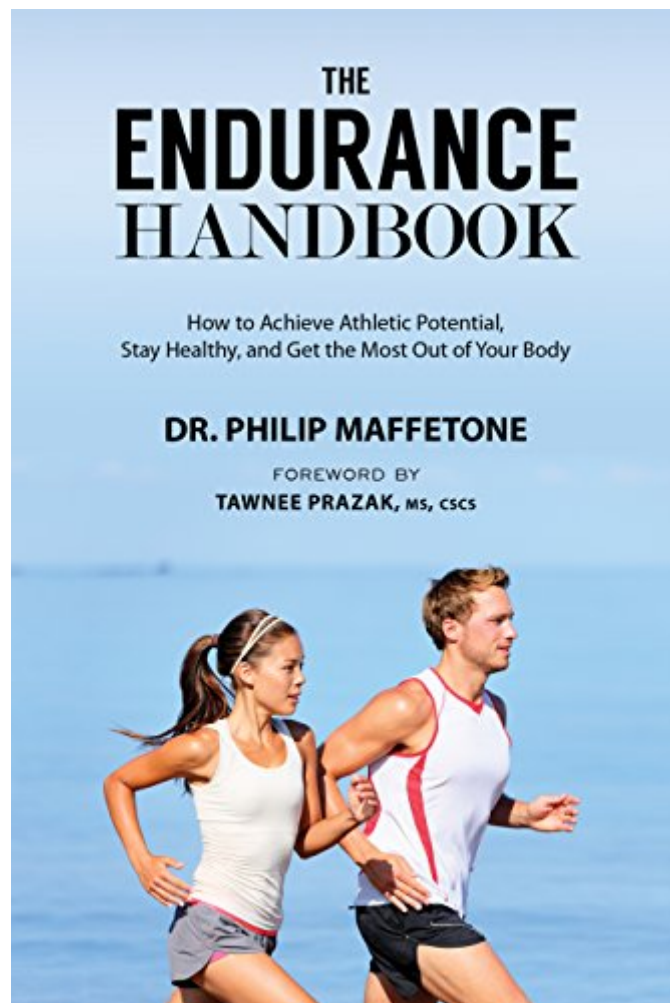


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# The Endurance Handbook: How To Achieve Athletic Potential, Stay Healthy, And Get The Most Out Of Your Body



## 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.

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## Customer Reviews

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.

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!

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.

Very interesting and informative book! I can already feel that putting these principles into practice is adding years to my "active" life. Thanks Chris McDougall for including Dr. Maffetone in Natural Born Heroes, and thanks to Ben Greenfield for doing a podcast on NBH. Despite spending age 8-21 in the pool as a swimmer, I never really understood how to do aerobic conditioning right. Now, at age 42, after 5+ years of working to be Paleo and shunning aerobic conditioning like longer runs, etc., in favor of more HIIT type activities and training, this book helped me understand the role of aerobic training and conditioning in my exercise and conditioning program, and how to do it to maximum benefit. I never took HIIT to the point of burnout, but now I think I can prepare my body for many more years of healthy activity using these principles. I have replaced a few of my higher intensity workouts with MAF workouts, as they are truly invigorating rather than draining. I may not be doing it exactly right, but I'm 80%+ in the right direction. And, having added this training to my schedule, I feel that when the hard workouts come, I'm not as drained afterwards and recover more quickly. Strongly recommended for any athlete from single digits through death. For non-athletes looking for a way to become more athletic, I view Maffetone's methods as the best way to start down the path, but I'm not sure this is the right book to bridge the gap as the presentation of the information is geared to enthusiastic or seasoned athletes.

I was thrilled to read Maffetone, following the recommendation of a few elite runners. The book started great - content was right on par with my interests, and covered topics that were relevant to my needs - importance of healthy diet, strength training, quality rest, proper running form, etc. I was thoroughly enjoying the book, until I began discovering punctual and grammatical errors. At one point I was catching them on every other page. I was truly baffled - the content is well written and chapters are composed eloquently and with proper prose. How could there have been so many mishaps with copyediting? Sadly, this seems to be an error on the publisher's end, rather than the

writer's, as we all know that writing includes errors, which is why editing is so crucial. Back to content - I enjoyed some of Maffetone's topics, but I would have appreciated more detail of how to implement endurance training. He regularly references his Maffetone Method (using 180, rather than 220, as base line for measuring heart rate), but he fails to describe this until the end, which I only found by flipping through the book. He also references his previous book for content, rather than explaining a topic - not one of my favorite tactics by writers to influence you to buy all of their works.. Lastly, the book ended with no conclusion. None. Just the end of a chapter on water intoxication, which felt repetitive and forced. I have the sense that Maffetone was on a deadline with this book and barely made it. Sadly, I will not purchase more of his works - and wish I had found this in a library rather than shelling about any cash..

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