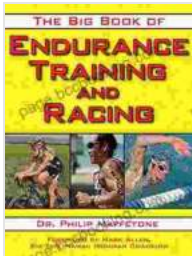


The Big Book of Endurance Training and Racing: Your Ultimate Guide to Success



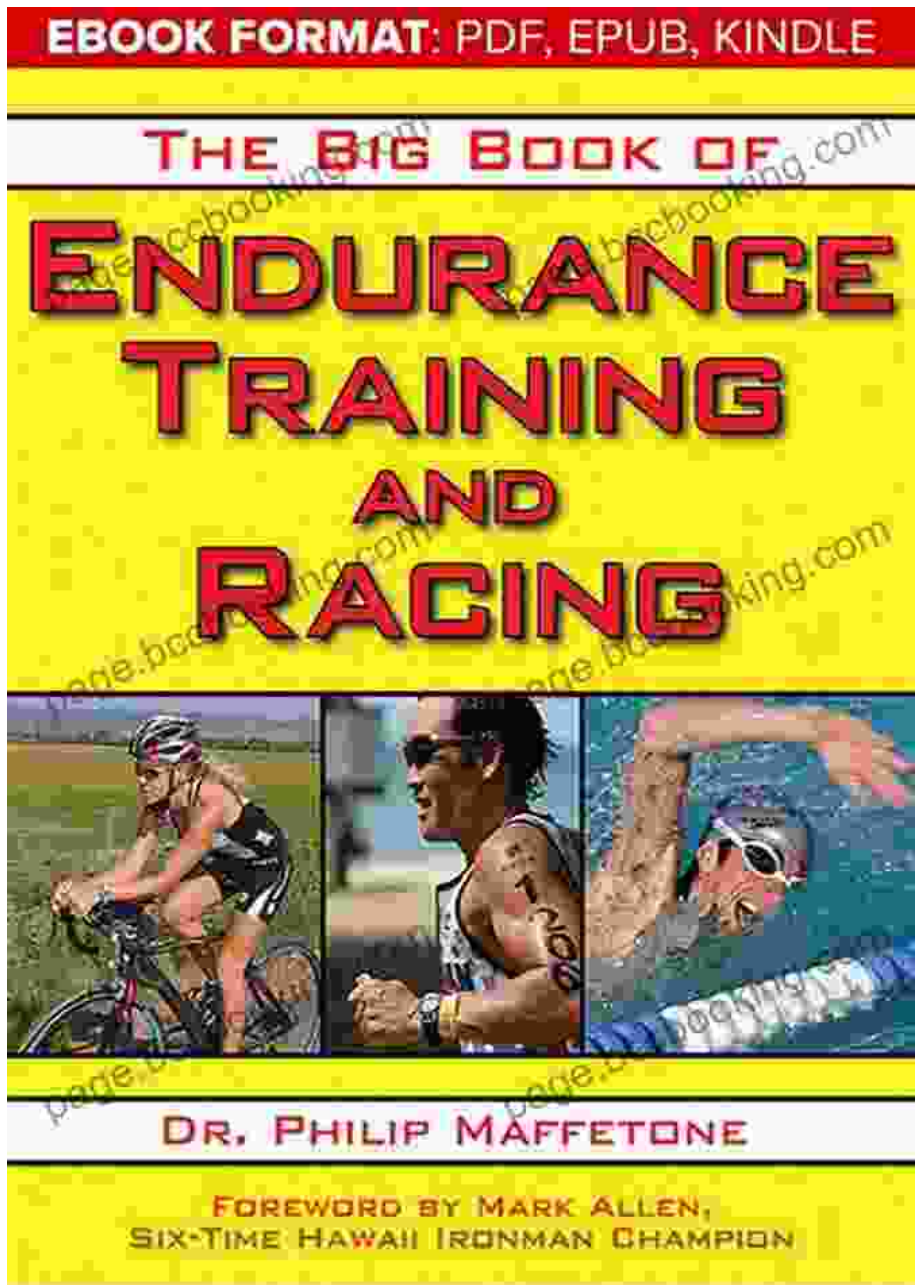
The Big Book of Endurance Training and Racing

by Philip Maffetone

★★★★☆ 4.6 out of 5

Language : English
File size : 4848 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 529 pages





The Big Book of Endurance Training and Racing is the definitive guide to endurance sports, providing comprehensive information and expert advice on training, nutrition, and racing. Whether you're a beginner just starting out or an experienced athlete looking to improve your performance, this book has everything you need to know.

In this book, you'll learn about:

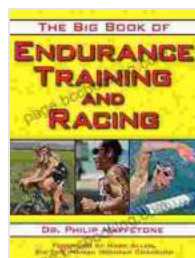
- The different types of endurance sports and how to choose the one that's right for you
- The principles of endurance training and how to create a training plan that will help you reach your goals
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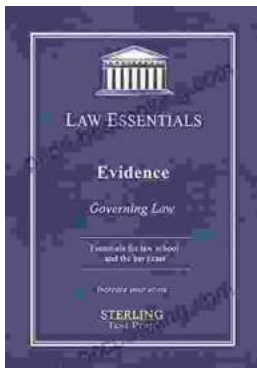
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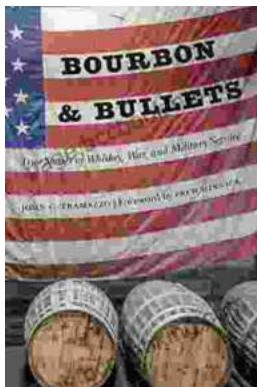
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