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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 enduranceWhy ...

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4.0 out of 5 stars The big book of endurance trainig 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 beat varies ...

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