

The Maffetone Method The Holistic Low Stress No Pain Way To Exceptional Fitness

Beyond Training Smart Marathon Training The Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness Chi Marathon Sitting Kills, Moving Heals Slow Burn Fit Soul, Fit Body The Big Picture The Happiness Diet The Annapolis Book of Seamanship The Big Book of Endurance Training and Racing The High Performance Heart False Positive The Grand Weaver The Magic Weight-Loss Pill Poems Seven Holistic Endurance Training Million Dollar Marathon Heart Rate Training Science and Application of High-Intensity Interval Training Eating for Endurance Decks 1-2-3 Run to the Finish The Boat Galley Cookbook: 800 Everyday Recipes and Essential Tips for Cooking Aboard The Overfat Pandemic Quantum Fitness Run for Your Life The Big Book of Health and Fitness 80/20 Running 1:59 In Fitness and in Health The Endurance Handbook The Gnoll Credo I Love You Bait and Switch Primal Endurance The Healthy Golfer Training for Endurance Run Fast. Eat Slow. Slow Jogging

Beyond Training

Primal Endurance applies an all-encompassing approach to endurance training that includes primal-aligned eating to escape carbohydrate dependency and enhance fat metabolism, building an aerobic base with comfortably paced workouts, strategically introducing high intensity strength and sprint workouts, emphasizing rest, recovery, and an annual periodization, and finally cultivating an intuitive approach to training instead of the usual robotic approach of fixed weekly workout schedules. When you go Primal as an endurance athlete, you can easily reduce excess body fat, avoid overtraining and burnout that comes from the typical chronic training approach, spend fewer hours training and still go faster, have a more enjoyable, balanced approach to the sport instead of the typical compulsive approach, and finally have more energy and enjoyment of daily life, because of your stress-moderated approach to training."

Smart Marathon Training

In this expanded and updated version of his groundbreaking guide for a healthy lifestyle, Dr. Phil Maffetone shows readers how to develop and self-manage their own personal health care programs.

The Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness

No matter what anyone tells you, boat cooking IS different from cooking ashore. The space is smaller, there's no grocery store 5 minutes away, you have fewer prepared foods and electric appliances, and food storage is much different. Despite cruising different oceans, we--Jan and Carolyn--both faced the same challenges: eating well while having time to enjoy all the other great aspects of cruising. We love to snorkel, swim, kayak, explore--and just sit and admire the view. We learned with the cookbooks we both had aboard, and wished for information that wasn't available--like when Jan ended up with a frozen chicken complete with head and feet and no instructions on how to cut it up. When we couldn't get foods such as sour cream, English muffins, spaghetti sauce or yogurt, we adapted recipes to make our own. Other times, we experimented with substituting ingredients--maybe the result wasn't identical, but it was still tasty. We ended up with over 150 substitutions and dozens of "make it yourself" options. As we traded recipes and knowledge with each other, we realized we were compiling information that became The Boat Galley Cookbook: 800+ recipes made from readily-obtainable ingredients with hand utensils, including numerous choices to suit every taste: not just one cake but 20, 16 ways to prepare fish, 10 regional barbeque sauces, and so on. Step-by-step directions to give even "non-cooks" the confidence they can turn out tasty meals without prepared foods. Detailed instructions on unfamiliar things like making yogurt and bread, grilling virtually every food imaginable, preparing and cooking freshly-caught fish and seafood, cutting up and boning meat, cooking in a Thermos and baking on the stove top, as well as lots of tips on how to do things more easily in a tiny, moving kitchen. All this in an easy-to-navigate format including side tabs on the Contents to help you find your way and extensive cross reference lists at the end of each chapter. Quick Reference Lists provide idea starters: suggestions of included recipes for such categories as Mexican, Asian, and Potluck. The Boat Galley Cookbook is designed to help you every step of the way. We hope it becomes a trusted reference on your boat, and a source of many enjoyable meals.

Chi Marathon

What's the one remedy common to controlling diabetes, hyperthyroidism, kidney and liver stones and excess weight? Lifestyle. Luke Coutinho, co-author of The Great Indian Diet, shows us that nothing parallels the power and impact that simple sustained lifestyle changes can have on a person who's struggling to lose excess weight or suffering from a chronic disease. The first part of the book concentrates on the reason we get such diseases in the first place, while the second is filled with sixty-two astonishingly easy and extremely practicable changes that will have you feeling healthier and happier and achieving all your health goals without the rigour and hard work of a hardcore diet or

fitness regime. The suggested habits, such as drinking lemon water every day or doing five breathing exercises to fall asleep, are accompanied by detailed explanations on how and why to adopt a habit. Together, these will become your magic weight-loss pill.

Sitting Kills, Moving Heals

Increase your physical performance and stamina, reduce your resting heart rate, train more effectively with less pain and drudgery, live longer and healthier, and perform better in sports with expert advice from sports physician Philip Maffetone. Foreword by Mark Allen. Revised and updated ed.

Slow Burn

Fuel up like 2017 New York City Marathon Champion Shalane Flanagan From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook--and New York Times bestseller--that proves food can be indulgent and nourishing at the same time. Finally here's a cookbook for runners that shows fat is essential for flavor and performance and that counting calories, obsessing over protein, and restrictive dieting does more harm than good. Packed with more than 100 recipes for every part of your day, mind-blowing nutritional wisdom, and inspiring stories from two fitness-crazed women that became fast friends more than 15 years ago, Run Fast. Eat Slow. has all the bases covered. You'll find no shortage of delicious meals, satisfying snacks, thirst-quenching drinks, and wholesome treats--all made without refined sugar and flour. Fan favorites include Can't Beet Me Smoothie, Arugula Cashew Pesto, High-Altitude Bison Meatballs, Superhero Muffins, Kale Radicchio Salad with Farro, and Double Chocolate Teff Cookies.

Fit Soul, Fit Body

"Heart Rate Training, 2E helps the endurance athlete to understand how best to use the overwhelming amount of data that can be captured by heart rate monitoring equipment. The authors offer both general and sport-specific guidance in how to customize training plans in a way that effectively uses the latest technology and research"--

The Big Picture

Completely revised and updated to address changes in technology, this new edition is the definitive guide to the art and science of sailing. Since the publication of the widely hailed first edition in 1983, The Annapolis Book of Seamanship has set the standard by which other books on sailing are measured. Used throughout America as a textbook in sailing schools and Power Squadrons, The Annapolis Book of Seamanship thoroughly and clearly covers the fundamental and advanced skills of modern sailing. This edition of Annapolis is a major overhaul. Over half the book has been revised; old topics and features have been updated, and many new ones have been introduced. The design has been modernized, and many color illustrations have been added. As big and detailed as Annapolis is, the wealth of technical information (including dozens of step-by-step instructions) is presented here in a way that is uniquely readable; it's both useful and easy to use. This is because John Rousmaniere and artist Mark Smith bring to Annapolis decades of experience both as sailors and as professional communicators. Annapolis emphasizes the standard skills and proven methods that eliminate error and confusion, ensure security in emergencies, and allow every sailor more time for enjoyment on the water. Much has changed on the water since 1983 when this book was originally published. Black buoys are now green, the Global Positioning Satellite navigation system (GPS) is almost universally used, new types of anchors and sails have appeared, safety skills and gear are vastly improved, many more women are commanding boats, and catamarans and trimarans are common where only monohulls used to sail. But for all these modern developments, the basic skills and spirit of sailing have not changed at all. Sail trimming, keeping up steerageway, maintaining the dead reckoning plot, heaving-to -- these fundamentals are as important now as ever and receive much attention here. Among the innovations in this edition are:

- * Basic skills in early chapters: Fundamental sailing and boat-handling skills and gear, which are introduced in chapters 1, 2, and 3.
- * "Hands On" segments: Three dozen special sections, each devoted to a particular seamanship problem and an expert solution.
- * More how-to tips: Additional rules of thumb that guide a crew quickly and successfully through seamanship problems.
- * New coverage of multihulls: Advice on evaluating, anchoring, and handling catamarans and trimarans under sail (including in storms).
- * More on emergencies: New material on emergencies, safety, and heavy-weather sailing, including a section on preparing a docked boat for a hurricane.
- * Equipment updates: Expanded coverage of the use and care of modern gear and hardware, including radar, GPS, rescue devices, and asymmetrical spinnakers.
- * Terminology: Full definition and illustration of major terms when they're first introduced, with alternative language provided in parentheses.
- * Gender: The use of feminine personal pronouns, which reflect the fact that more women are captaining and sailing boats than ever before.

From navigation and seamanship to boat and gear maintenance, from pleasure cruising to heavy-weather sailing, here is the definitive, state-of-the-art guide that provides systematic step-by-step techniques to see you through every situation on deck and in the cockpit.

The Happiness Diet

Let's face it: fitness goes far beyond how long it takes to walk or run a mile. When you're stressed out, emotionally drained, overworked, overweight and underappreciative of your physical body, you can't get much of anything accomplished—at work, at home, on the race track, wherever and in whatever capacity. Put simply, when you're spiritually unfit, life is a greater challenge. That mythical "balance" you've always dreamed of achieving is just that – a myth. But not anymore. Mark Allen was one of the top triathletes in the world but struggled to get past the barriers preventing him from winning the grueling Ironman World Championship triathlon in Kona, Hawaii. Then he began studying with Brant Secunda, healer and teacher in the Huichol Indian tradition of Mexico. Brant is the only Westerner to have completed a 12-year apprenticeship with Don José Matsuwa, the revered Huichol Indian shaman. Brant taught Mark the spiritual and healing exercises that allowed him to integrate his physical and psychological fitness. Mark went on to win a never-before-achieved six Ironman triathlons in a row and was called the "World's Fittest Man" by Outside magazine. Now, Brant and Mark have integrated their wisdom into one book, providing practical tools you can adapt to your lifestyle and achieve results you never thought possible.

The Annapolis Book of Seamanship

Presents a guide to maintaining health and physical fitness, providing advice on nutrition, healthy eating, exercise, and preventive measures against disease.

The Big Book of Endurance Training and Racing

David A. Carter has created an extremely imaginative pop-up dedicated to love. The book has seven spreads, each with a verse and a pop-up of different geometrical and abstract forms. Scattered among the pop-ups are hearts, some tiny and some large. There are hearts dangling from strings, hearts hidden in a forest, and hearts captured by the colors of the rainbow. Readers will be amazed by the final pop-up--an explosion of red foil hearts! The cover, too, sports red foil. This tribute to love is sure to please sweethearts, young and old, throughout the years.

The High Performance Heart

Dr. Maffetone's unique training system for champions proves that the kinder, gentler approach actually works the best. This fitness regimen has worked for champions and non-athletes alike- because it's based on Dr. Philip Maffetone's deep understanding of how the body works. Maffetone has used that knowledge to develop The Maffetone method, his successful low-stress fitness program, which can be tailored to any individual. It means "training slower to go faster," says Mike Pigg, world champion triathlete and Maffetone client. The Maffetone Method includes: A ten step program to reduce stress and increase overall fitness; Exercise techniques designed for increased results with decreased pain; The real lowdown on some of those fad diets. In short, this is a fitness regimen for champions that everyone can use to reach their own goals whether it be running a marathon or walking around the block.

False Positive

Two members of the U.S. Olympic Committee for Fitness and Health formulate an innovative approach to total health that combines fitness and nutritional guidelines with an emphasis on positive attitudes

The Grand Weaver

When Xi, a shepherd from one of the most remote parts of Tibet, flees across the Himalayas to India, he doesn't know what awaits. But his very act of fleeing-alone and on foot-demonstrates a unique skill. In Tibet, Xi had barely heard of the marathon, never raced against anyone other than himself. Now, with the help of the mysterious Mr. Singh, he sets out to do what nobody has ever done before: break 2 hours for the marathon-all while remaining true to who he is and where he came from. "A rare book that combines intimate knowledge of the sport of running and compelling fiction writing. Readers, especially those who run, will enjoy this imaginative but fully plausible tale of Xi, the Tibetan runner, and the quest for the sub two-hour marathon." - Jonathan Beverly, former editor of Running Times "Sport is about passion, dedication, and competition but it can also be a political statement. From the first page you will be rooting for Xi to find a place to run in peace." - Amy Begley, 2008 Olympian, 10,000 meters. "Million Dollar Marathon is a delightful read for runners and romantics. The background story of the humble Tibetan shepherd who makes his mark on the running world is skillfully woven with a forbidden romance. I read it in an afternoon and was left wanting more." - Pete Pfitzinger, US Olympic Marathoner "A joy to read for any runner, not just marathoners. I found my heart racing at the end. I couldn't put it down." - Lt. Amanda Rice, U.S. Navy; 2:38 marathoner, 2014 military division cross-country champion.

The Magic Weight-Loss Pill

The New England Journal of Medicine is one of the most important general medical journals in the world. Doctors rely on the conclusions it publishes, and most do not have the time to look beyond abstracts to examine methodology or question assumptions. Many of its pronouncements are conveyed by the media to a mass audience, which is likely to take them as authoritative. But is this trust entirely warranted? Theodore Dalrymple, a doctor retired from practice, turned a critical eye upon a full year of the Journal, alert to dubious premises and to what is left unsaid. In *False Positive*, he demonstrates that many of the papers it publishes reach conclusions that are not only flawed, but obviously flawed. He exposes errors of reasoning and conspicuous omissions apparently undetected by the editors. In some cases, there is reason to suspect actual corruption. When the Journal takes on social questions, its perspective is solidly politically correct. Practically no debate on social issues appears in the printed version, and highly debatable points of view go unchallenged. The Journal reads as if there were only one possible point of view, though the American medical profession (to say nothing of the extensive foreign readership) cannot possibly be in total agreement with the stances taken in its pages. It is thus more megaphone than sounding board. There is indeed much in the New England Journal of Medicine that deserves praise and admiration. But this book should encourage the general reader to take a constructively critical view of medical news and to be wary of the latest medical doctrines.

Poems Seven

Part Tony Robbins, part Mehmet Oz, here is fitness guru and creator of P90X Tony Horton's wake-up call for readers—a motivational and practical guide to creating a better life and a healthier body. One of America's best-known and most-loved fitness gurus, "master of motivation" Tony Horton shares his philosophy that will help you live your best life. In his first non-workout book, he offers 11 Rules that provide a clear path and purpose for achieving life goals and obtaining optimal health. Written with his trademark irreverence, candor, and take-no-prisoners approach, *The Big Picture* shows you how your physical health is intricately linked to your mental, financial, and family health, and overall happiness and contentment—and how the same skills and principles that work in the gym work in every area of life. Tony shares stories of the hard-won battles he's faced—many of the same life challenges experienced by his fans—from childhood bullies and problems at school, to financial troubles and being overweight. Enlightening and practical, *The Big Picture* can help you how to slim down, feel good, and live better.

Holistic Endurance Training

"We are born and we die. No one cares, no one remembers, and it doesn't matter. This is why we laugh." There are no such things as gnolls, they never kill and eat people, and they can't read or write -- much less write something so stark, so raw, so beautifully bleak. Right? Because if there were, someone might have risked a violent and painful death to find them, study them, and bring back this book. Then you might read it. And then you might have a joyous and bloody and terribly strange adventure, and you might find yourself laughing with the gnolls. "And then what?" From a world in which "Avatar" is "Fight Club" instead of Disney's "Pocahontas," James Tiptree, Jr. wrote "The Dice Man," and magic doesn't work any better than it does here we bring you The Gnoll Credo. Sell that 'enchanted' sword and come join the hyena-people. Don't wear your good clothes. You can read sample chapters at <http://www.100wattpress.com>

Million Dollar Marathon

The bestselling author of Nickel and Dimed goes back undercover to do for America's ailing middle class what she did for the working poor Barbara Ehrenreich's Nickel and Dimed explored the lives of low-wage workers. Now, in Bait and Switch, she enters another hidden realm of the economy: the shadowy world of the white-collar unemployed. Armed with a plausible résumé of a professional "in transition," she attempts to land a middle-class job—undergoing career coaching and personality testing, then trawling a series of EST-like boot camps, job fairs, networking events, and evangelical job-search ministries. She gets an image makeover, works to project a winning attitude, yet is proselytized, scammed, lectured, and—again and again—rejected. Bait and Switch highlights the people who've done everything right—gotten college degrees, developed marketable skills, and built up impressive résumés—yet have become repeatedly vulnerable to financial disaster, and not simply due to the vagaries of the business cycle. Today's ultra-lean corporations take pride in shedding their "surplus" employees—plunging them, for months or years at a stretch, into the twilight zone of white-collar unemployment, where job searching becomes a full-time job in itself. As Ehrenreich discovers, there are few social supports for these newly disposable workers—and little security even for those who have jobs. Like the now classic Nickel and Dimed, Bait and Switch is alternately hilarious and tragic, a searing exposé of economic cruelty where we least expect it.

Heart Rate Training

Change your workout, change your life In Slow Burn, endurance master Stu Mittleman delivers a program for creating energy and increasing endurance so you can go the distance and feel great doing it every day, week, and year. Think Stu shares his proven formula for breaking down seemingly insurmountable goals into a series of manageable tasks. Train Learn to understand your body's signals and refocus your training so that the movement -- not the outcome -- is the reward. Eat Stu teaches you how to make nutritional choices that leave you energized -- not exhausted -- all day long. You really can accomplish more -- with less effort -- than you ever imagined. All you have to do is change your focus and you'll change your life. Let Slow Burn show you how to enjoy the journey and achieve the results.

Science and Application of High-Intensity Interval Training

With inspiring stories and thought-provoking questions, Ravi Zacharias traces the multiple threads of our lives, describing how the unseen hand of God guides our joys, our tragedies, our daily humdrum to weave a pattern of divine providence and meaning.

Eating for Endurance

Reach your full potential on the golf course by improving your mental and physical strengths. All golfers want to improve their swing and, as a result, lower their score. But often, despite numerous golf instruction videos, lessons with pros, and time on the range, they are still far away from reaching their goals. Maybe that is because golfers are thinking about the process of improvement incorrectly? Maybe achieving a repeatable swing and staying calm under pressure is not all about time on the range or on the course, but the manner in which you care for your body and mind, as that is the foundation of a great golf game. The goal of The Healthy Golfer is to provide you with information that will help engage all of your senses on the course so you can enjoy the game as much as possible for your entire life. Starting with your feet and concluding with a discussion of brain function, you will learn not only how to play better physically, but to excel at the game from a mental standpoint. Topics covered in The Healthy Golfer include: How the feet are the foundation for the swing Correcting muscle imbalances (and not by stretching) Improving mental focus on the course And many more! By focusing on critical aspects of human performance, such as diet, stress, muscle imbalance, the brain, and injuries, which are usually neglected areas of concern, The Healthy Golfer will teach you that it is impossible to reach your full potential on the course if you are not healthy in both body and mind. 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.

Decks 1-2-3

From the authors of the bestselling *Chi Running*, a game-changing training guide for injury-free long distance running. In *Chi Marathon*, Danny Dreyer, creator of the revolutionary ChiRunning program, highly respected running coach, and accomplished distance runner, takes a whole-body approach to long-distance running—much like T'ai Chi—making ease and efficiency of movement the prime goal of one's training. *Chi Marathon* is the first book to focus not on building stamina first (though that is covered here) but on how to run all those miles without harming your body. A staggering 80 to 90 percent of marathoners face injuries during their training. This book debunks the myth that marathoners need to push through and beyond pain, and presents a technique-based plan for pain- and injury-free, high-performance half and full marathons. *Chi Marathon* also shows how to improve your performance by developing your own race-specific training plan tailored to your event, and will help you cross the finish line feeling strong no matter your age, body type, or running ability. -Run a marathon or half marathon free of pain and injury -Transform your racing with the training triad: form, conditioning, and mastery -Tap into your chi, an energy source more powerful and enduring than muscles -Teach your mind and body to work together as a team and master your event This is the book that distance runners have been waiting for. With *Chi Marathon* you can enjoy the run and feel confident no matter the distance.

Run to the Finish

Poems Seven: New and Complete Poetry, the winner of the National Book Award, presents the life work of a giant of American letters, tracks a forty-year career of honest, tough artistry, and shows a man at nearly 80 years of age and still at the height of his poetic power. Dugan's new poems continue his career-long concerns with renewed vigor: the poet's insistence that art is a grounded practice threatened by pretension, the wry wit, the jibes at the academic and sententious, and the arresting

observations on the quotidian battles of life. All the while he peppers his poems with humorous images of the grim and daunting topics of existential emptiness.

The Boat Galley Cookbook: 800 Everyday Recipes and Essential Tips for Cooking Aboard

This groundbreaking new medical work demonstrates how modern sedentary lifestyles contribute to poor health, obesity, and diabetes, and how health can be dramatically improved by continuous, low-intensity, movement that challenges the force of gravity. Citing her original NASA research on how weightlessness weakens astronauts' muscles, bones, and overall health, the author presents a simple and effective plan for maintaining good health throughout life by developing new lifestyle habits of frequent gravity-challenging movement. Written for everyone who spends most of their lives sitting in chairs, at desks, and in cars, this practical, easy-to-follow action plan outlines simple gravity-challenging activities such as standing up frequently, stretching, walking, and dancing that are more healthful and effective than conventional diet and exercise regimens.

The Overfat Pandemic

Quantum Fitness

"Welcome to what will undoubtedly be a whole new level of athletic performance."—Mark Allen, six-time winner of the Hawaii Ironman.

Run for Your Life

"Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program--in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity--is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances"--

The Big Book of Health and Fitness

Research demonstrates that up to 76 percent of the world's population—or 5.5 billion people—are overfat, defined as having sufficient excess body fat to impair health. This includes nearly 90 percent of Americans—one of the highest percentages worldwide. In *The Overfat Pandemic*, Dr. Philip Maffetone reveals common misconceptions regarding the real meaning of "overfat," factors that helped cause this global pandemic, and ways individuals can remedy the situation with the proper food and exercise. Other major points in the book include:

- The distinction between "overweight" and "overfat"
- How normal-weight people can be overfat
- Why those who exercise can still be overfat, including athletes
- Why waist measurement is better than the bathroom scale
- How individuals can take charge of their body fat
- How the overfat pandemic can be remedied through simple lifestyle changes and without diets

As little as 14 percent of the world's population has a normal body-fat percentage, and that number may be shrinking. This book aims to curtail the overfat epidemic by exposing a decades-long problem and offering a research-based, practical solution to help prevent and treat it.

80/20 Running

What will it take to run a marathon in less than two hours? The world's fastest times for the marathon have been dropping since the distance of 26.2 miles was made official nearly one hundred years ago. But after a noticeable decline that occurred for a half century, the times, while still edging lower, have stalled several minutes north of two hours for the past decade. For the first time, *1:59* examines what it will take for an elite distance runner to go sub-two hours. It will require more than raw talent, optimal body size, and great athletic genes. In order to become marathon's Roger Bannister and smash this elusive record, this runner must follow a healthy diet and an individualized training regimen that takes advantage of specific environmental factors ("live high, train low"). Because precious seconds count over each mile run, other critical considerations include improved running form and economy, sharpened mental focus, and wearing the right type of racing flats (or even going barefoot). The athlete who finally breaks distance running's most tantalizing barrier will become a worldwide celebrity overnight. Will the runner be a Kenyan, an Ethiopian, an American, or a marathoner from another country? And how soon will it happen? By providing a unique window into the highly competitive world of elite marathon running, this book also allows running enthusiasts to have a thorough understanding of the true potential of endurance athletes. And in turn, they can apply the same training and racing principles discussed in *1:59* to their own running, whether it's a 10K, half marathon, marathon, or ultramarathon.

1:59

The popularity of high-intensity interval training (HIIT), which consists primarily of repeated bursts of high-intensity exercise, continues to soar because its effectiveness and efficiency have been proven in use by both elite athletes and general fitness enthusiasts. Surprisingly, few resources have attempted to explain both the science behind the HIIT movement and its sport-specific application to athlete training. That's why *Science and Application of High-Intensity Interval Training* is a must-have resource for sport coaches, strength and conditioning professionals, personal trainers, and exercise physiologists, as well as for researchers and sport scientists who study high-intensity interval training. Authors Paul Laursen and Martin Buchheit—both well-known, expert-level HIIT researchers as well as practitioners and endurance athletes—do a masterful job of blending science-based concepts of HIIT with practical application strategies. Laursen, Buchheit, and a team of highly qualified contributors—who bring hundreds of years of combined HIIT science and application experience from across all sports—have written *Science and Application of High-Intensity Interval Training* to provide practitioners and athletes an understanding of the foundational principles of HIIT programming. Chapters in the first section describe five types of training, how to manipulate HIIT variables to maximize improvements in physical performance, and how to incorporate HIIT into a general training program. Readers will also learn the influence HIIT can have on fatigue, stress, and an athlete's overall health. The final 20 chapters each focus on a different sport and are written by leading coaches or practitioners who have successfully applied HIIT principles at an elite level in their respective sport. These chapters describe specific ways to incorporate HIIT into a training regimen for everything from combat sports to endurance events to the most popular U.S. and international individual and team sports. Each chapter also contains sport-specific preparation and competition phases, an overall one-year training program, and a brief story of how the coach or practitioner who authored the chapter used HIIT to successfully prepare an athlete for a competition. Knowing the proper ways to incorporate high-intensity interval training into a fitness or conditioning program is of vital importance: Not following proper protocols can lead to excessive and prolonged fatigue, illness, or injury. *Science and Application of High-Intensity Interval Training* is an essential guide for those who want to incorporate HIIT into their own training or their athletes' programming. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The *Science and Application of High-Intensity Interval Training Online CE Exam* may be purchased separately or as part of the *Science and Application of High-Intensity Interval Training With CE Exam* package that includes both the book and the exam.

The standard guide to nutrition for anyone who exercises or plays sports, this updated reference describes the fuel the body needs and how best to adjust diet and eating habits for both health and performance. It includes the latest findings on carbohydrate loading, fat as fuel, and the role of protein, vitamins, and minerals, along with recent data on caffeine, sugar, and the critical role of hydration. Written in a straightforward, friendly style, the book offers specific advice for different levels of fitness and different types of activities.

The Endurance Handbook

How to fix the Modern American Diet and reclaim our minds and waistlines "An insightful, eye opening adventure into diet and nutrition. Concise and witty, this book kept me engaged from cover to cover. A must-have for anyone serious about getting happy and healthy naturally."—Andrew Morton, MD, Board-certified Family Physician; Former Medical Corps, US Navy and Army Infantry Medic, Desert Storm For the first time in history, too much food is making us sick. The Modern American Diet (MAD) is expanding our waistlines while starving and shrinking our brains. Rates of obesity and depression have recently doubled, and though these epidemics are closely linked, few experts are connecting the dots for the average American. Using data from the rapidly changing fields of neuroscience and nutrition, The Happiness Diet shows that over the past several generations, small, seemingly insignificant changes to our diet have stripped it of nutrients—like magnesium, vitamin B12, iron, and vitamin D, as well as some very special fats—that are essential for happy, well-balanced brains. These shifts also explain the overabundance of mood-destroying foods in the average American's diet and why they predispose most of us to excessive weight gain. After a clear explanation of how we've all been led so far astray, The Happiness Diet empowers the reader to steer clear of this MAD way of life with simple, straightforward solutions, including:

- A list of foods to swear off
- Shopping tips and kitchen organization tricks
- A compact healthy cookbook full of brain-building recipes
- Practical advice, meal plans, and more!

Graham and Ramsey guide you through these steps and then remake your diet by doubling down on feel-good foods—even the all-American burger. Praise for The Happiness Diet "Finally, a rock-solid, reliable, informative, and entertaining book on how to eat your way to health and happiness. Run—don't walk—to read and adopt The Happiness Diet. This is the only diet book I've encountered that I can actually recommend to patients without reservation."—Bonnie Maslin, PhD, Psychologist and author of Picking Your Battles "A lively, thorough, and iron-clad case for real food. You will never eat an egg-white omelet or soy protein shake again."—Nina Planck, author of Real Food and Real Food for Mother and Baby "The book includes food lists, shopping tips, brain-building recipes, smart slimming strategies, and other useful

tools to lose weight and keep the blues at bay.”—AM New York

The Gnoll Credo

Running is America’s most popular participatory sport, yet more than half of those who identify as runners get injured every year. Falling prey to injuries from overtraining, faulty form, poor eating, and improper footwear, many runners eventually, and reluctantly, abandon the sport for a less strenuous pastime. But for the first time in the United States, Hiroaki Tanaka’s Slow Jogging demonstrates that there is an efficient, healthier, and pain-free approach to running for all ages and lifestyles. Tanaka’s method of easy running, or “slow jogging,” is an injury-free approach to running that helps participants burn calories, lose weight, and even reverse the effects of Type-2 diabetes. With easy-to-follow steps and colorful charts, Slow Jogging teaches runners to enjoy injury-free activity by:

- Maintaining a smiling, or niko niko in Japanese, pace that is both easy and enjoyable
- Landing on mid-foot, instead of on the heel
- Choosing shoes with thin, flexible soles and no oversized heel
- Aiming for a pace of 180 steps per minute
- And trying to find time for activity every day

Accessible to runners of all fitness levels and ages, Slow Jogging will inspire thousands more Americans to take up running and will change the way that avid runners hit the pavement.

I Love You

Old-school marathon training plans ask runners to crank out 70 to 100 miles a week. It's no wonder those who make it to the start line are running ragged. Smart Marathon Training maps out a healthier, more economical approach to training that emphasizes quality over quantity. This innovative program eliminates junk miles, paring down training to three essential runs per week and adding a dynamic strength and cross-training program to build overall fitness. Runners will train for their best performance in less time and avoid the injuries, overtraining, and burnout that come from running too much. Smart Marathon Training builds up a runner's body to resist injury. Runners gain the strength they need to run long using functional exercises that target the hips, glutes, and quads. Running is a full-body sport, so this training program also builds a strong core and upper body to avoid injuries that begin above the waist. No one fakes a marathon or half-marathon--everyone has to do the work. But Smart Marathon Training replaces long, grinding miles with low-impact cross-training. Horowitz outlines a cycling plan to complement run workouts, boosting base fitness while saving runners' bodies for their best runs. With more than 75 detailed exercises plus six easy-to-follow training plans for half- and

full marathons, Smart Marathon Training will get you to the start line feeling refreshed and ready to run your best race yet.

Bait and Switch

America's top personal trainer, holistic nutritionist and health expert, Ben Greenfield, shows you how to overcome common health-related training issues while optimizing your workouts so you can look, feel, and perform like a champion. You have amazing physical goals. You want the best body you can get. You want to look, feel, and perform like a champion. So you beat yourself up with tough training, day after day, week after week, month after month. As a result, you're held back by frustrating issues like brain fog, broken gut, hormone depletion, heart problems, and destroyed joints--limited to living at a fraction of your peak capacity and powerless to tap into your full potential and achieve your dreams. But it's possible to be healthy on the outside and on the inside. This book gives you every training, nutrition, and lifestyle solution you need to do it, including: -The 2 best ways to build endurance fast without destroying your body -Underground training tactics for maximizing workout efficiency -The best biohacks for enhancing mental performance and instantly entering the zone -How to know with laserlike accuracy whether your body has truly recovered -26 ways to quickly recover from workouts, injuries and overtraining -The 25 most important blood and saliva biomarkers and how to test them -5 essential elements of training that most athletes neglect -7 stress-fighting weapons to make your mind-body connection bulletproof -Proven systems to enhance sleep, eliminate insomnia, and conquer jetlag -40 high-calorie, nutrient-dense meals that won't destroy your metabolism -Tools for customizing your carbs, proteins and fats for your unique body and goals -9 ways to fix a broken gut, create toxin-free life, and detox your body -A complete system to safeguard your immune system and stomach -Potent time-efficiency tips for balancing training, work, travel, and family. Whether you're an extreme exercise enthusiast or just looking to shed a few pounds, this is the last book on training, endurance, health, and life you will ever need.

Primal Endurance

Nutrition, mindset, and workout strategies--a integrative guide to endurance training Whether you're training for marathons, triathlons, ultras or anything in between, every endurance athlete should understand the lifestyle and training approaches that build athletic capacity--and protect it over time. Holistic Endurance Training is an in-depth guide to Responsive Endurance Training (RET) that will help

you cultivate more energy and stamina while keeping injuries, strain, and burnout at bay. Coach and triathlete Kim Peek offers a detailed-yet-simple integrative approach to shaving seconds off your finishing times while thriving mentally and physically as a recreational or competitive athlete. This complete guide to endurance training includes: Training for your body right now--This self-study-driven training protocol helps you understand your unique requirements for achieving your best. Personal coach--Discover endurance-boosting meal-planning tips and exercise advice based on your individual capabilities. Backed by data--All the scientific background details have been transformed into actionable programs to help your performance. Learn how to improve your overall athletic performance with strategies and exercises that help you reach physical peaks you didn't know existed.

The Healthy Golfer

Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an "average" runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as "Favorite hilarious marathon signs" and "Weird Thoughts We all Have at the Start Line," Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

Training for Endurance

Teaches homeowners how to properly design, construct, and maintain a deck.

Run Fast. Eat Slow.

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.

Slow Jogging

"Dr. Cucuzzella is the most complete runner I know. . . . Most important, he aims to improve the fitness and well-being of all, from the uninitiated to beginners to veterans who still have new tricks to learn." --Amby Burfoot, Boston Marathon winner, writer at large for Runner's World magazine, and author of The Runner's Guide to the Meaning of Life Despite our natural ability and our human need to run, each year more than half of all runners suffer injuries. Pain and discouragement inevitably follow. Cucuzzella's book outlines the proven, practical techniques to avoid injury and reach the goal of personal fitness and overall health. In Run for Your Life, Dr. Mark Cucuzzella gives us a straightforward, easy-to-follow look at the anatomy, biomechanics, and nutrition of running. With clear drawings and black-and-white photographs, the book provides illustrated exercises designed to teach healthy running, along with simple progressions and a running schedule that shows the reader how to

tailor their training regimen to their individual needs and abilities.

Read Book Online The Maffetone Method The Holistic Low Stress No Pain Way To Exceptional Fitness

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