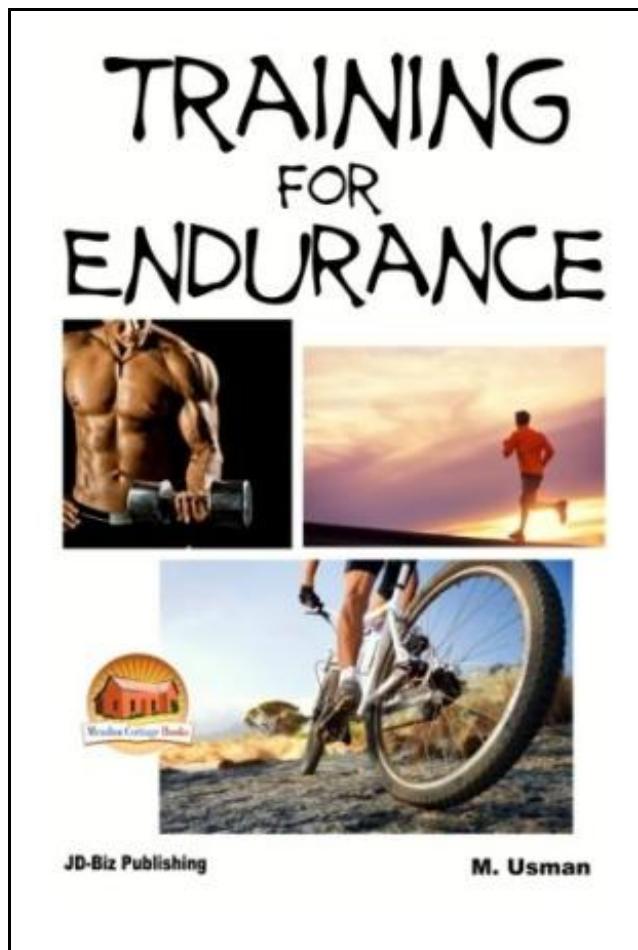


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Getting Started Chapter # 1: What is Endurance? Chapter # 2: Requirements Chapter # 3: Maximal Oxygen Uptake Chapter # 4: Economy of Motion Lactate Threshold Training Chapter # 1: Introduction Chapter # 2: Practical Approach Chapter # 3: To Sum it Up Nutrition Fat: Carbohydrates: Proteins: Conclusion References Author Bio Publisher What is Endurance? Endurance is personal to everyone; it's what we use to bring out our top athletic potential. Still, there are multitudes of versions to the definition of endurance. Some define it as running a 10K race while some define it as riding a bike for a century. Individuals strive to show their level of endurance by competing in worldwide events like racing in the Olympics, riding a bike in the Tour de France, or going 8 hours in the lava bath in Hawaii. They do all this to show their superb mental and physical control. Endurance provides us with the physical, mental, and chemical tools required to enable the body to maintain a constant speed over long distances. It is an expression of the aerobic system of the body. This book will base its knowledge upon the fact that aerobic muscle fibers burn fat for energy, which powers all the nerves and blood vessels associated with the particular muscle to come into action. Thus, training the aerobic system can, in effect, increase a person's endurance allowing him/her to cover 5 miles in 40 minutes, when previously it took 45 minutes, at an average heart rate of 150. This particular feature of endurance is known as aerobic speed. While endurance increases our potential output, it does so without harming the...

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