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Beyond Training : Mastering Endurance, Health & Life ...

Beyond Training is for men and women who have made it out of couch potato mode and are ready to take things to the next level, whether that means shedding those last few extra pounds, finishing a 5K, or even crossing the finish line of an Ironman triathlon. Everyone from the casual exerciser to the weightlifter, CrossFitter, obstacle racer, marathoner, mountaineer, triathlete, swimmer, cyclist, runner, and biohacker will glean tons of knowledge and life-changing advice from this book.

Beyond Training: Mastering Endurance, Health, & Life ...

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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.

Beyond Training Book - Mastering Endurance, Health & Life

Beyond Training: Mastering Endurance, Health Life. by. Ben Greenfield (Goodreads Author), Chris McCormack (Foreword) 3.87 · Rating details · 1,002 ratings · 67 reviews. Whether you're an extreme exercise enthusiast or you're just looking to shed a few pounds, this is the last book on training, endurance, health, and life you will ever need. In this book you will learn:

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But the damage from endurance training can go beyond your heart. For example, in my job as a wellness consultant and triathlon coach , I

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spend lots of time looking at biomarkers of very physically active people, talking to endurance athletes on phone and Skype , and conversing with athletes from my teams, clubs and gyms, and typical frustrating problems I see or hear repeatedly include:

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The 2 best ways to build fitness fast without destroying your body
Underground training tactics for maximizing workout efficiency
The best biohacks for enhancing mental performance and entering the zone

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How to know with laserlike accuracy whether your body has truly recovered 26 ways to recover quickly from workouts, injuries, and overtraining The 25 most important blood and saliva biomarkers ...

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Beyond Training: Mastering Endurance, Health, and Life. New York Times Best Selling book by Ben Greenfield, health and fitness expert and Kion co-founder. Beyond Training is Ben's first book on total human optimization, with a special focus on endurance athletes looking to improve their health and performance. Quantity.

Beyond Training: Mastering Endurance, Health, and Life – Kion

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-20 Week Polarized Marathon Training Plan based on smart aerobic training and high volume -12 Week Detox and Adrenal Reboot Plan based

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on the concepts discussed in Chapter 8 -12 Week “Beyond Training” Meal Plan that uses the fueling concepts discussed in the Nutrition section of the book

Beyond Training Book by Ben Greenfield

About the Author. Ben Greenfield is a coach, author, speaker, ex-bodybuilder, and Ironman triathlete. His science-based approach to discovering a potent balance between health and performance has revolutionized the way thousands of athletes and exercise enthusiasts around the world live, train, and eat.

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