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5 Books for Endurance Addicts Sam's Blog

This post is about some of the books related to endurance training and sports that have inspired me over the last couple of years. Training for endurance events changes you. At the beginning of a season, on my first long run, ten minutes in I feel anxiety creep in.

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Beyond Training Book Beyond Training Book

Training and meal plans so that you easily and immediately implement everything you discover; Whether you're a triathlete, marathoner, CrossFitter, swimmer, cyclist, ultrarunner, recreational athlete or any other extreme exercise or regular exercise enthusiast, this is the last system for training, endurance, health, and life you will ever need.

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Strength Endurance Training Be Stronger Longer

The idea behind training to increase strength-endurance is that you want your body to be able to exert maximum strength when not fully recovered aerobically. You also want to train your body to recover faster.

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5 Sports Books for Endurance Athletes ACTIVE

#3) Training and Racing with a Power Meter, by Hunter Allen and Andrew Coggan, PhD. You invested in the triathlon bike. You bought the aero wheels. You have an aero helmet. Your next purchase should be a power meter; and by the time you read this book, you will realize it should have been the first item on the shopping list.
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