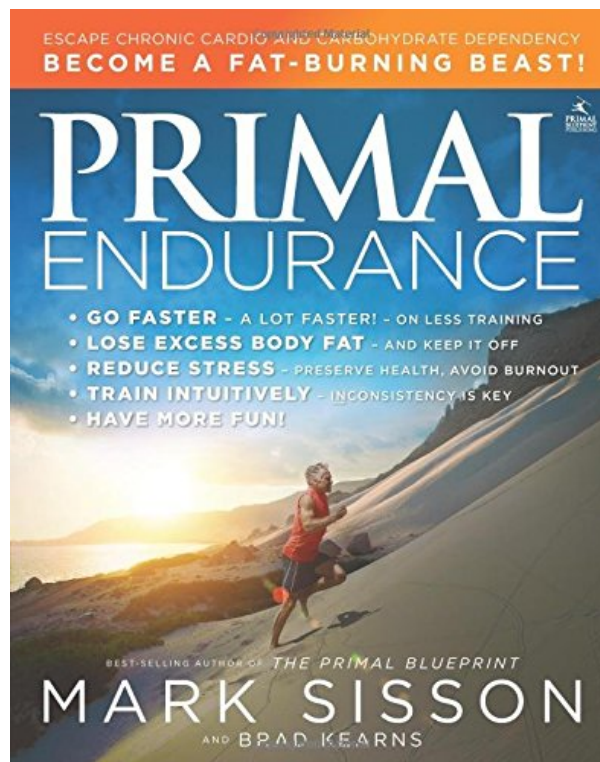
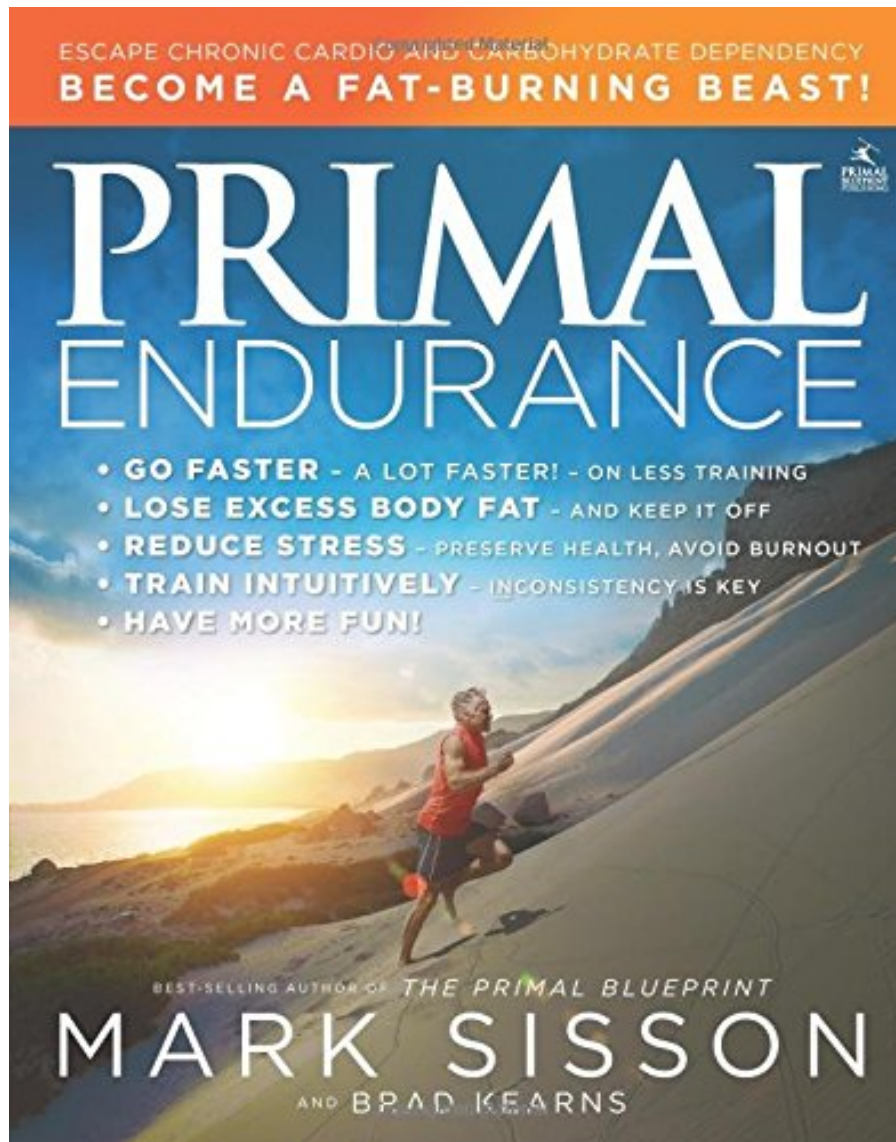


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Primal Endurance shakes up the status quo and challenges the overly stressful, ineffective conventional approach to endurance training. While marathons and triathlons are wildly popular and bring much gratification and camaraderie to the participants, the majority of athletes are too slow, continually tired, and carry too much body fat respective to the time they devote to training. The prevailing “chronic cardio” approach promotes carbohydrate dependency, overly stressful lifestyle patterns, and ultimately burnout.

Mark Sisson, author of the 2009 bestseller, *The Primal Blueprint*, and de-facto leader of the primal/paleo lifestyle movement, expertly applies primal lifestyle principles to the unique challenge of endurance training and racing. Unlike the many instant and self-anointed experts who have descended upon the endurance scene in recent years, Sisson and his co-author/business partner Brad Kearns boast a rich history in endurance sports. Sisson has a 2:18 marathon and 4th place Hawaii Ironman finish to his credit, has spearheaded triathlon’s global anti-doping program for the International Triathlon Union, and has coached/advised leading professional athletes, including Olympic triathlon gold and silver medalist Simon Whitfield and Tour de France cyclist Dave Zabriskie. Under Sisson’s guidance, Kearns won multiple national championships in duathlon and triathlon, and rose to a #3 world triathlon ranking in 1991.

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 expect to enjoy these and other benefits in short order:

- Easily reduce excess body fat and keep it off permanently, even during periods of reduced training
- Perform better by reprogramming your genes to burn fat and spare glycogen during sustained endurance efforts
- Avoid overtraining, burnout, illness, and injury by improving your balance of stress and rest, both in training and everyday life
- Spend fewer total hours training and get more return on investment with periodized and purposeful workout patterns
- Have more fun, be more spontaneous, and break free from the pull of the obsessive/compulsive mindset that is common among highly motivated, goal-oriented endurance athletes
- Have more energy and better focus during daily life instead of suffering from the “active couch potato syndrome,” with cumulative fatigue from incessant heavy training makes you lazy and sluggish

Primal Endurance is about slowing down, balancing out, chilling out, and having more fun with your endurance pursuits. It’s about building your health through sensible training patterns, instead of destroying your health through chronic training patterns. While it might be hard to believe at first glance, you can

actually get faster by backing off from the overly aggressive and overly regimented “Type-A” training approach that prevails in today’s endurance community. Primal Endurance will show you how, every step of the way.

(Mark Sisson and Brad Kearns)

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Most helpful customer reviews

59 of 64 people found the following review helpful.

Double the calories of fat you burn at rest and with exercise in 4 weeks. I know because I tested.

By Catherine Shanahan, MD

I must admit that I knew I would like this book before reading it, because I'm a huge fan of Mark and Brad, but now that I got it, I couldn't put it down until I finished reading it cover to cover. I love that the title, primal ENDURANCE, speaks to all athletes, because endurance is a good thing no matter your sport. Your amazing human machinery is designed to outlast the energizer bunny -- as long as we are powered by the right fuel.

Key concepts this book explores include:

- Exercise should be fun
- Exercise should be varied in intensity as well as activity
- Too much of the kind of cardio we typically do in gyms can damage the heart. While cardio on equipment or in classes is not bad as part of a balanced regimen, just be sure to mix it up. (In my experience, few people actually do because its just so easy to get stuck in a routine)
- Your diet's macronutrient breakdown influences whether you burn fat or sugar during exercise
- Sugar is not the perfect fuel for athletes, in spite of what most sports nutritionists will tell you
- When your diet supports fat burn, you can listen to your body and TRUST what its telling you (with regard to hunger, fatigue and so on)

Far and away, the most important concept and one that the book keeps returning to is the metabolic state of burning fat is essential to normal health. And contrary to what many athletes assume, its not just exercise that promotes fat burn, it's also diet. So that no matter how much you exercise, if your diet does not contain the right nutrients, you will not burn fat optimally.

Programatic elements of the book will help you to:

- Enjoy a balanced variety of activities
- Determine if you are overtraining
- Get more results from your workouts with less time
- Adapt a diet that helps to optimize fat burn even without exercise

I run a weight loss clinic and don't always have time to go over a full exercise program with my patients so I have been waiting eagerly for a book that I can recommend it to my weight loss patients as well as the athletes I work with. This book is exactly what the doctor ordered.

An engaging and easy to read book no matter how you slice it Primal Endurance offers much needed information that brings the best nutrition advise from the medical world into the world of fitness, while providing a balanced approach to exercise.

As far as results you can expect in terms of improving your fat burn, I would expect that you could double your fat-burning capacity in 4 weeks, and go even further into fat burning beat territory the longer you follow this program. I use a similar dietary approach and test people's fat burn before and after dietary intervention, and this is what I've found so far. For example, if someone starts the program burning 2 calories of fat per minute at rest and a maximum of 3 with exercise, they'll get to 4 and 6 respectively in a month easily. And that's without adding any exercise!

52 of 56 people found the following review helpful.

Excellent argument for slowing down to maximize training progress

By Bret

While most amateur and many professional runners aim to build a faster pace and longer endurance by "training hard," Mark Sisson & Brad Kearns turn that approach on its head in this book. They make a VERY convincing and intriguing case for slowing down and monitoring one's heart rate during the majority of training to avoid exceeding the aerobic exercise threshold and butting into the higher-pulse anaerobic zone. The reason is that chronic anaerobic training is likely to result in overtraining stress, injury, and ultimately burnout, while aerobic training, on the other hand, is much more benign on the heart, lungs, nervous system, and metabolism.

There are lots of easy to understand explanations, analogies, and real-life examples of their approach (including the authors themselves). They also emphasize the importance of a proper diet and plenty of rest, including abbreviating or skipping a planned training session if the runner is not feeling rested, energized, and motivated. The idea is to allow your body to heal, rather than beating it into submission. The latter may work for a while, but almost always results in a hard burnout and/or severe injury.

Two criticisms:

1. Existing readers of Mark Sisson (like me) will find the chapters on diet, ketogenesis, primal lifestyle, and sleep to be redundant and superfluous. Newbies, on the other hand, may find themselves feeling overwhelmed by just how many changes they are being told to make in their lives in order to be healthy and get better running results (avoid junk food, stop looking at screens within a couple hours of bedtime, take cold water plunges, go barefoot, etc). The Primal Blueprint (previous book) covered these topics ad nauseum. Here they would have been more effective and relevant as brief paragraphs, not huge sections of chapters or chapters themselves. Which brings me to:

2. The book is way too long overall. Many of its pages consist of redundant, belabored information that sufficiently could have been mentioned once. Most of the chapters become tedious and tiresome around the halfway point. The authors could stand to remember that just because they CAN write a 380-page book, doesn't necessarily mean they SHOULD. This book has about 150 pages of real, hard, useful substance. I don't mean to whine, but I am noticing this issue in a lot of books. I don't have an unlimited supply of time, so I want the books I read to give me solid, reasonably succinct info (whether there are 100 pages or 600), not constant rehashes of previously covered material.

That said, this book, and in particular the chapters about running, are definitely worth the read. They bring a much welcome breath of fresh air into endurance training, and I am extremely excited to incorporate them into my own training routine. Just don't be afraid to start skimming if you feel you've already grasped the concept...you'll likely only be missing repeated or longwinded explanations.

21 of 23 people found the following review helpful.

This isn't just another Endurance Traing Book it's different trust me, definitely worth the read or I recommend a listen!

By Konaleen

Best Endurance book I have read! and I have and read them all! I was waiting patiently for these guys, Brad and Mark to knock this out and it is or was totally worth it. They really wanted to make sure they had it all spelled out correctly with the help of notable exercise scientists, coaches, physicians and athletes. Look at who stands behind and supports this philosophy of Endurance Training. To name a few: You have the infamous Dr Tim Noakes who is known for the "Lore of Running" , a great book in it's time and still is in

ways but now he even refutes the conventional wisdom of what he so solidly studied and researched and preached about Endurance Training and Exercise Physiology. You have Dr Phil Maffetone, another Mentor of mine, whom Brad introduced me to, who actually all along has been practicing this theory of how to train and eat to build endurance, fitness, how to get and stay healthy in the process. Then you have the experience and knowledge of notable athletes such as Brad and Mark themselves and other elite athletes. I was first introduced to this philosophy when I hired Brad to be my coach for Kona in 2009, even though I was a coach myself. I had read Brad's book Breakthru Triathlon Training which was my favorite of all triathlon training books and liked his approach. (At the same time he introduced me to the Primal Blueprint, just released. Of course I didn't eat meat for 35 years and me being a masters prepared exercise physiologist I preached conventional wisdom to people to stay away from saturated fats, eat whole grains etc. But I gave the book a read and you know it clicked, Conventional Wisdom wasn't working it all made sense and now I have a freezer full of meat and I speak against conventional wisdom). Brad changed how I approached endurance training and I had the most magical year and day at Kona. Since reducing chronic cardio, although we still love to go out and do those ultra long runs, both my husband I have been able to stay away from those nagging chronic injuries that drive you to go see your PT who eventually become your best friend after so many visits. We have changed how we fuel our bodies so we have more energy all day during exercise and recover quicker. This has made a huge difference on our over all health. I now coach and train all my clients with this Endurance training philosophy. Amazing how many just can't believe that they can get faster by going slower and how this also plays a role in how they can prevent injury and illness . Conventional wisdom is hard to crack for most. I do see though more and more coaches and athletes coming around and promoting more of a balance of stress and rest and not so much about volume and intensity all the time. People are becoming more aware of how to fuel without so much carbs. It is good to see. This book will be an excellent guide for many coaches and athletes and or even those just wanting to be fit and healthy. It's written so you can understand easily enough that you will have an "ah ha" moment. I have read almost every article Brad and Mark wrote with regards to endurance training. So to see it turned out in a book and with more in depth knowledge is awesome. I actually got the book but I wanted to read thru it quicker that I also got an audio version and you know, I enjoy it more with listening to Brad, himself, narrate the book. He has so much energy, passion and enthusiasm that it is like he is personally speaking to you. He even throws in extra bonus lines. Like I say, I have books of endurance and training stacked from the floor to the ceiling but this one is going to be my favorite and will be long lived as a favorite for many for a very long time. This book will change how you approach exercise, training and fitness for good. Give this a try and you might be able to achieve those fitness and health goals you always dreamed of and be healthier for it (leaner too!). It just plain makes sense.

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