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The potential for CV damage secondary to extreme endurance exercise appears to increase in middle age and beyond. Thus, it would seem particularly important to avoid chronic excessive exercise doses after age 45 or 50 years.”.

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Beyond Training Book - Beyond Training Book

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.

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Bing: Beyond Training Mastering Endurance Health

Beyond Training: Mastering Endurance, Health & Life 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.

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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

Beyond Training: Mastering Endurance, Health & Life Hardcover - April 15 2014 by Ben Greenfield (Author)

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

Beyond Training: Mastering Endurance, Health, and Life 9 Reviews 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.

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Ben Greenfield is a strength and conditioning coach, exercise physiologist, and the author of Beyond Training: Mastering Endurance, Health and Life. He blogs about fitness, nutrition, and wellness ...

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