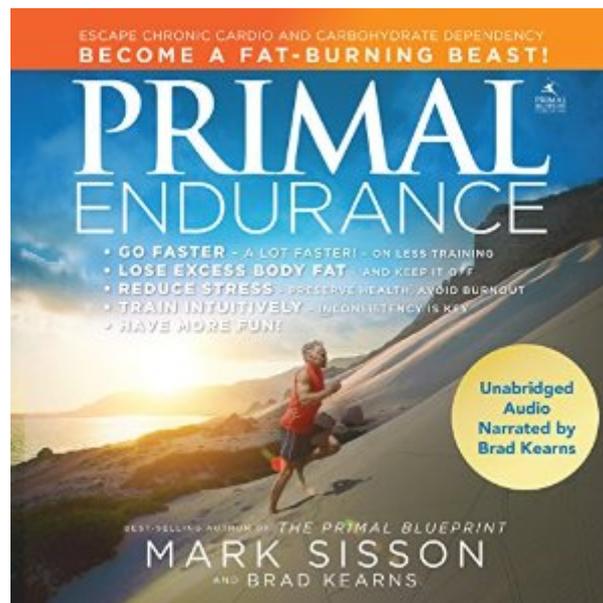


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# Primal Endurance: Escape Chronic Cardio And Carbohydrate Dependency, And Become A Fat-Burning Beast!



## Synopsis

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 best seller, *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 fourth-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 number-three 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.

## Book Information

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## Customer Reviews

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 it's 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 it's 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, it's 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.

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.

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).

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