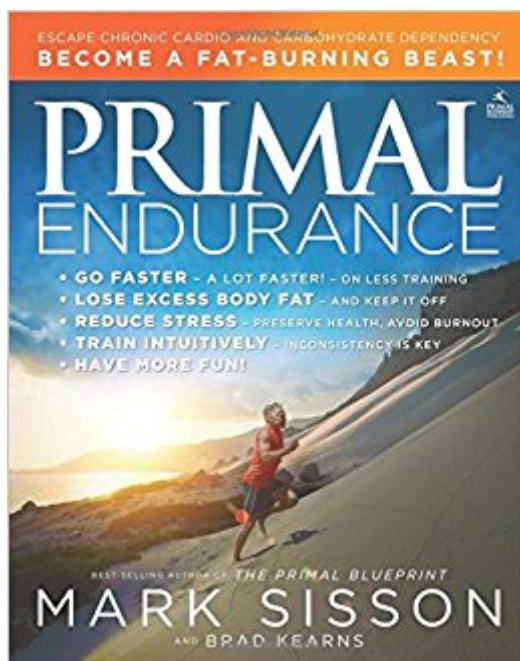


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# Primal Endurance: Escape Chronic Cardio And Carbohydrate Dependency And Become A Fat Burning Beast!



## 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 relative 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)

## Book Information

Paperback: 380 pages

Publisher: Primal Nutrition, Inc.; 1 edition (January 4, 2016)

Language: English

ISBN-10: 1939563089

ISBN-13: 978-1939563088

Product Dimensions: 7.8 x 0.8 x 9.9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 185 customer reviews

Best Sellers Rank: #45,289 in Books (See Top 100 in Books) #44 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo #74 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #92 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

Health and fitness expert Mark Sisson is the bestselling author of The Primal Blueprint and one of the leading voices of the burgeoning Evolutionary Health Movement. His blog, MarksDailyApple.com, has paved the way for Primal enthusiasts to challenge conventional wisdom’s diet and exercise principles and take personal responsibility for their health and well-being. With over 2 million unique monthly visitors, the blog is one of the top-ranked health resource websites on the Internet. Besides the Primal Blueprint, Mark has authored The Primal Blueprint 21-day Total Body Transformation, The Primal Connection (which won the Eric Hoffer Award in 2013 for best self-published book, and the Ben Franklin Award silver medal in the mind/body/spirit category); and numerous other books on cooking, athletic training, and health. Brad Kearns is the President of Primal Blueprint Publishing, and has worked closely with Mark Sisson since 2008 on the Primal Blueprint, Primal Blueprint 21-Day Total Body Transformation, Primal Blueprint 90-Day Journal, The Primal Connection, and Primal Endurance. Brad is the director of the Primal Blueprint Expert Certification Program, and host of

the Primal Blueprint and Primal Endurance Podcasts. Prior to joining the Primal team, Brad wrote nine other books on health, fitness, and peak performance for McGraw-Hill and other publishers, including *Breakthrough Triathlon Training*. Brad competed on the professional triathlon circuit for nine years, where he won 31 events across the globe. Coached by Mark Sisson, Brad was a 2-time US national champion, world duathlon series champion, and the #3 ranked pro triathlete in the world in 1991. Brad is a longtime coach and speaker in the endurance sports world, known for his humorous but deeply reflective presentation message, and his relaxed and intuitive approach to training. Today Brad's competitive outlet is Speedgolf, where he placed 20th in the 2014 World Professional Speedgolf Championships, shooting 83 while running full speed through a championship course in 51 minutes. To challenge the aging process after turning 50 in 2015, Brad high jumped 5'3" (meeting USA Masters Track&Field All-American standard for age 50-54 category), ran 400 meters in 59 seconds, and repeated his 20th place finish in the World Speedgolf Championships as the second-oldest competitor in the pro field. With continued improvement in high jump and sprinting, he hopes to earn a varsity letter with the local high school track team someday.

I must admit that I knew I would like this book before reading it, because I am 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. 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 advice 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!

Eh. Are all the positive reviews coming from people that can never find fault with anything that Mark Sisson does? My review in a gist: The book was way too lengthy and trailed on and on. Extended review: I really do enjoy Mark's blog and I was hoping that this book would be similar in nature to the writing style found on his blog. However, it wasn't the case at all.

1. The book was way too long. There were so many times in the book where I felt like the authors were going in circles with their information. It's not like there was a bunch of technical jargon that was used as filler - it was just poorly written. Much of the information could have been summed up in half the words. The author kind of got to the point, then skirted around the point, then kind of got to the point, etc. There were times where I was just like, make your point already!
2. The book is full of a lot of claims but where I think this book really misses is it's lack of academic tone. There's no sources for anything. Because of that the book is kind of a poor reference. Instead of going around in circles the author could have written his points in a clear and concise manner and giving references to back up his claims. Instead, he didn't. So it then became more of an opinion piece followed up by examples of people who put his practices into use. I wish there was more than just anecdotal evidence.

Tips: Skim read. You won't miss anything.

This book is very entertaining. I was hoping for more specifics in terms of dietary suggestions, rather than this broad "don't eat refined grains, sugars, and oils". I was not a fan of the author's many parenthetical asides, as they distracted from the main points in an attempt at humour; these were just confusing. Overall, very informative

Hubby loves this book and the changes his body is going through with the lifestyle changes he is making. He was already a marathon runner but this author really helps with training the body differently through exercise and eating. Hubby was having a hard time figuring out why he would either gain weight or stay consistent with weight while training for marathons. Now he is a fat burner and loving it! He also has 21 day transformation by the same author.

Really fantastic overview of how to be a fat-adapted distance runner. I've been following Mark's dietary advice for years now, but always felt guilty about sneaking out for weekend runs and entering the occasional 10K or Half Marathon. Glad that now I have a great plan to follow that will ensure I continue running well for many years to come! I have dog-eared and underlined about half of the pages in the book and will be coming back to it regularly.

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