



The Endurance Athlete's Guide to Systematic, Recovery Based Training

Adam Hodges

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This training guide equips you with fundamental concepts and tools needed to train more effectively for your next endurance event. The guide explains how to create your own customized training program, including how to set up your individual training zones based on heart rate and pace. The approach involves a simple three step process that details how to (1) build your aerobic base, (2) build upon that base, and finally (3) peak for your target race. The discussion features key ideas from exercise physiology and essential tips for proper recovery. It also includes a glossary of key terms, making it a valuable resource for any endurance athlete. Available to complement the guide is a comprehensive set of pre-written workouts?the Alp Multisport Workout Library?available on Training Peaks. Together, the guide and workout library provide an indispensable set of do-it-yourself tools for self-coached athletes or anyone interested in training more effectively.

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