

Serious Training For Endurance Athletes 2nd

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Buy Serious Training for Endurance Athletes by Rob Sleamaker, Ray Browning (ISBN:) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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[Serious Training for Endurance Athletes - Rob Sleamaker](#)

Whilst this book is aimed primarily at the serious endurance athlete, I wish to widen its appeal after having used the book to good effect at the age of 59. Consequently, I would suggest you do not allow yourself to be restricted by the title because you do not have to be a competitive endurance athlete to gain maximum profit from this work.

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The SERIOUS training system is based on a heart rate. The SERIOUS acronym, it's intensities and durations are very well explained through the book so, even if you are a beginner, you'll sure understand it. The examples that the book brings are great for planning your own season. 2 people found this helpful

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