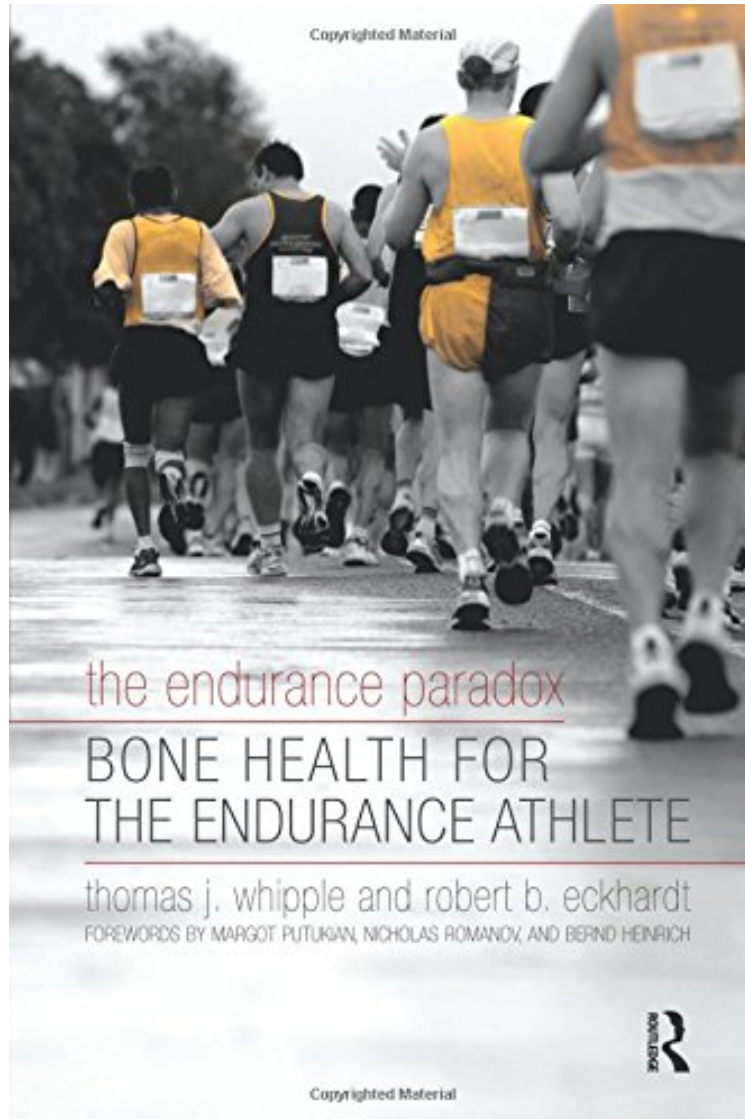


[Download] The Endurance Paradox: Bone Health for the Endurance Athlete

The Endurance Paradox: Bone Health for the Endurance Athlete

Thomas J Whipple, Robert B Eckhardt

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Thomas J Whipple, Robert B Eckhardt : The Endurance Paradox: Bone Health for the Endurance Athlete
before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Endurance Paradox: Bone Health for the Endurance Athlete:

0 of 0 people found the following review helpful. Every serious runner should read this! By KB This book has been the best and most helpful reference that I have yet found on bone health and the endurance athlete. I recently had a stress fracture of my left fibula two months into a training program for my 4th marathon. I had already run three marathons

in vibram five finger shoes on a course that had 2500 feet of downhill without any problems. My doctor and I were a bit confused at how the fracture happened this time. I am very conscious of injury prevention and use Chi Running techniques. I followed the Hanson marathon training plan every time and always respected pain, never pushing myself too far. This book greatly informed my understanding of the factors that add to or take away from a healthy skeleton. It is thoroughly researched and backed up by scientific studies. I would highly recommend it, especially if you are older or female.0 of 0 people found the following review helpful. Superb endurance training reference bookBy bryceThis book is the best all around guide to training for endurance sports I have come across in 25 years as an endurance athlete. Although it approaches the topic from the point of view of bone health, it is really a comprehensive guide to endurance training in general. Then "endurance paradox" of course is that high volume endurance training can lead to degeneration of connective tissue and bone if not carefully balanced with strength training, nutrition and other factors.My only quibble with the book is there is little diet guidance for the many endurance athletes who wish to shed some pounds. The book focuses on the negative aspects of catabolic (as opposed to anabolic) behavior mdash; consuming too little calories, protein, nutrients, etc. mdash; on bone health. Because many people participate in endurance sports to lose weight, maintain a healthy weight, or diet down for peak competition, it would have been useful to have more information for ways to most safely shed pounds while minimizing risk to bone health.0 of 0 people found the following review helpful. Five StarsBy Brandalena G. BlakeYou will never take strength training for granted again if you read this book.

The endurance athlete faces a paradoxyoursquo;re going farther and faster, yoursquo;re feeling stronger, but your bones are getting weaker. New, compelling evidence shows that the very activities that expand our mental and physical abilities may be reducing the durability of our skeletons. In this book, Thomas Whipple, a leading orthopaedic clinical specialist, and Robert Eckhardt, a scientist specializing in the musculoskeletal system, team up to explain how athletes at any level can maintain the delicate balance between endurance exercise and optimum bone health over a lifetime. Translating important scientific advances into accessible language, they explain the muscle-bone connection, and cover training strategies and exercises, nutrition, calcium, stress fractures, rehabilitation, running mechanics, footwear, posture, and pharmaceuticals. An essential guide and ideal text for exercise physiologists, endurance athletes, fitness enthusiasts, and coaches.

"The Endurance Paradox is well-researched and provides a wealth of valuable training and dietary information on an important topic which has long been overlooked and misunderstood by the endurance sports market. I highly recommend it to athletes and coaches." - Joe Friel, Head Coach, Training Bible Coaching, and co-author, Paleo Diet for Athletes