



# Endurance Athlete Training - REFERENCES & 7 inspirational books... DB#27

REFERENCES for DB#19 - DB#26  
& Seven (7) books to read to push further ...



# Endurance Athlete Training Overview

## REFERENCES & 7 inspirational books... DB#27

### Background:

As in any subject we might get interested in we research & at times devour all the data we can find so we might find a starting point and areas to experiment with along the way. My path of running to martial arts to motorsports to cycling has led me to an overview that might be a good starting point for you. My experience with endurance training spans 20+ years with a curiosity centering around increasing performance through competition within myself.

After 50+ books read ...

### *Becoming your own Coach - Why?*

- 1) Understand how your body reacts to 'damage' or stimulus.
- 2) Experiment with inputs & outputs of your training to find what works for you.
- 3) Breaking limitations that your past and your mind has to offer to progress.





# Endurance Athlete Training Overview

## REFERENCES & 7 inspirational books... DB#27

These are my lessons and learning, please use it and share it if you like.

I do not receive any compensation for any these products, yet in full Disclosure:

- I am not a doctor nor do I play one on the internet or anywhere else.
- The thoughts that follow are from my own experience, learning & pain.
- Thank you!



experience



# Endurance Athlete Training Overview

## REFERENCES & 7 inspirational books... DB#27

Many references to follow in my research to support the Deeper Blogs DB#19 - 26.

I find the key references to the following; I would start here if you would like to learn more.

Scroll below and look for the Blue text to find the links to these key references.

Articles: #2, #3, #18

Papers: #20, #21, #26

Books: #29, #30, #37



# Endurance Athlete Training Overview

## REFERENCES & 7 inspirational books... DB#27

1. Part 2: Determining Your Heart Rate Zones by the Natural Running Center Dr Mark

<http://naturalrunningcenter.com/2017/02/19/part-2-determining-heart-rate-zones/>

2. Base Training by Mark Allen - Key article on how to calculate Heart Rate zone (180 - AGE)

<https://www.phoenix.gov/fire/directory/health-center/health-and-fitness-newsletters/exercise-workouts/trainingallen>

3. How to Determine Maximum Heart Rate by Sally Edwards - Key article Max Heart Rate calc & testing.

<https://www.howtobefit.com/determine-maximum-heart-rate.htm#:~:text=maximum%20heart%20rate.,female%20%3D%20Estimated%20Maximum%20heart%20rate.>

4. How Cyclists Should Approach Intensity Training for Maximum Benefit by Coach John Hughes

<https://www.roadbikerider.com/cyclists-intensity-training-maximum-benefit/>

5. Tempo Bike Ride: The Silent Killer by Brendan Housler

<https://www.evoq.bike/blog/2019/3/20/tempo-the-silent-killer>

6. Sweet Spot Training: Advanced Aerobic Endurance by Frank

<https://fascatcoaching.com/tips/sweet-spot-training/>





# Endurance Athlete Training Overview

## REFERENCES & 7 inspirational books... DB#27

7. Cycling Base Training Do's and Don'ts for Amateur and Masters Cyclists

<https://trainright.com/cycling-base-training-dos-and-donts-for-amateur-and-masters-cyclists/>

8. Intervals - High Intensity Training by Cycling Tips

<http://www.cptips.com/intervl.htm>

9. Six sessions of sprint interval training increases muscle oxidative potential and cycle endurance capacity in humans by Kirsten A. Burgomaster, et all

[https://blog.sme.sk/blog/3928/155928/Burgomaster\\_2005.pdf](https://blog.sme.sk/blog/3928/155928/Burgomaster_2005.pdf)

10. Skeletal Muscle Buffering Capacity and Endurance Performance After High-Intensity Interval Training by Well-Trained Cyclists by A R Weston, et all

<https://pubmed.ncbi.nlm.nih.gov/9007451/>

11. Speed Endurance Training Is a Powerful Stimulus for Physiological Adaptations and Performance Improvements of Athletes by F M laia, et all

<https://pubmed.ncbi.nlm.nih.gov/20840558/>



# Endurance Athlete Training Overview

## REFERENCES & 7 inspirational books... DB#27

12. How Much Rest Should You Take During Your Interval Workouts? By Kristin Barry

<https://www.runnersworld.com/advanced/a20803666/how-much-rest-should-you-take-between-intervals/>

13. How to Do High-Intensity Interval Training

Here's why it's beneficial and some sample workouts to get started By Rashelle Brown

<https://www.nextavenue.org/high-intensity-interval-training/>

14. Physiological adaptations to low-volume, high-intensity interval training in health and disease by Martin J. Gibala, et al

<https://physoc.onlinelibrary.wiley.com/doi/full/10.1113/jphysiol.2011.224725>

15. High-intensity aerobic interval training increases fat and carbohydrate metabolic capacities in human skeletal muscle by Christopher G.R. Perry

<https://www.nrcresearchpress.com/doi/abs/10.1139/H08-097#.XvD1t25FzIX>

16. Fat burning and cycling: separating the myths from the truth by Michelle Arthurs-Brennan

<https://www.cyclingweekly.com/fitness/how-to-burn-fat-cycling-163887>



# Endurance Athlete Training Overview

## REFERENCES & 7 inspirational books... DB#27

17. Not All Interval Workouts Are Created Equal by Alex Hutchinson

<https://www.outsideonline.com/2401498/interval-workouts-study>

18. Revealed: The best way to exercise to burn fat by Justin Roberts, et all

Key summary - Fat Burn = 50-72% of VO<sub>2</sub>max

[https://www.nzherald.co.nz/lifestyle/news/article.cfm?c\\_id=6&objectid=12335437](https://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=12335437)

19. 'Fat burning zone'? The best way to exercise to burn fat by Beth Daley

<https://theconversation.com/fat-burning-zone-the-best-way-to-exercise-to-burn-fat-138662>

20. Contextualising Maximal Fat Oxidation During Exercise: Determinants and Normative Values by Ed Maunder, et all - Key paper - Fat<sub>max</sub> burning Fat

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5974542/>

21. Determination of the exercise intensity that elicits maximal fat oxidation by ACHTEN, et all

Key Paper - Fat<sub>max</sub> = 74% +/- 3% max heart rate

[https://journals.lww.com/acsm-msse/Fulltext/2002/01000/Determination\\_of\\_the\\_exercise\\_intensity\\_that.15.aspx](https://journals.lww.com/acsm-msse/Fulltext/2002/01000/Determination_of_the_exercise_intensity_that.15.aspx)





# Endurance Athlete Training Overview

## REFERENCES & 7 inspirational books... DB#27

22. The secret science of cycling fitness, by a Tour de France pro by Adam Hansen

<https://www.telegraph.co.uk/health-fitness/body/secret-science-cycling-fitness-tour-de-france-pro/>

23. Low Carb Studies Athletics Site - Exercise Intensity and Fat Burning by LCS\_Athlete

<http://lowcarbstudies.com/athletics/2018/07/04/exercise-intensity-and-fat-burning/>

24. Metabolism during Exercise

As your heart rate is increasing, your fat burning will at some stage drop to zero.

<https://www.jupiterhealth.com.au/metabolism-explained/metabolism-during-exercise/>

25. Metabolic efficiency test results: I'm a butter-burner! By Andrew Surka

<https://andrewsurka.com/metabolic-efficiency-test-results-hiking-running/>

26. Quantifying Differences in the “Fat Burning” Zone and the Aerobic Zone: Implications for Training by Carey, Daniel G - KEY Curve used for Fat Burn Rate - Max Fat Burn (MFO) = 60 - 80% max heart rate

[https://journals.lww.com/nsca-jscr/Fulltext/2009/10000/Quantifying\\_Differences\\_in\\_the\\_Fat\\_Burning\\_Zone.25.aspx](https://journals.lww.com/nsca-jscr/Fulltext/2009/10000/Quantifying_Differences_in_the_Fat_Burning_Zone.25.aspx)



# Endurance Athlete Training Overview

## REFERENCES & 7 inspirational books... DB#27

27. The Cyclist's Training Bible by Joe Friel
28. Cycling Past 50 by Joel Friel
29. Base Building for Cyclists - A New Foundation for Endurance and Performance by Thomas Chapple
30. The Big Book of Endurance Training & Racing by Dr. Philip Maffentone (forward by David Allen)
31. The Time Crunched Cyclist - Fit, Fast and Powerful in 6 hours a Week by Chris Carmichael and Jim Rutberg
32. Cutting-Edge Cycling Advanced Training for Advanced Cyclists by Hunter Allen, Stephen S. Cheung, PhD.
33. Precision Heart Rate Training - For Maximum Fitness and Performance by Edmond R. Burke, PhD.
34. Daniels Running Formula - Proven Programs 800M to the Marathon by Jack Daniels, PhD.
35. Distance Cycling - Your Complete Guide for Long Distance Rides by John Hughes and Dan Kehlenbach
36. Developing Endurance by Ben Reuter, Editor
37. The Athlete's Guide to Recovery - Rest, Relax & Restore for Peak Performance by Sage Rountree
38. Exercise Physiology - Nutrition, Energy & Human Performance by William D. McArdle, Frank I. Katch & Victor L. Katch.



# Endurance Athlete Training Overview

## REFERENCES & 7 inspirational books... DB#27

1. Going Long - Legends, Oddballs, Comebacks & Adventures - The Best Stories from Runner's World Edited by David Willey.

**This book showed me more than I thought is possible.**

Short story: I read this in the winter years ago, it happened to be the same year I would severely struggle climbing Mt. Mitchell.

It was the 7<sup>th</sup> time I did this climb of ~10K feet of climb in the last 26 miles of a 102-mile ride.

I got to the ~92-mile rest stop and knew I had already been severely bent, yet not broken.

I did the short 2-mile descent and began to climb again.

Cramping so severe in both my quads, I thought my knee would invert itself.

Understand from this book allowed me to slowly move again & then finish this event.

2. After the Last PR - The Virtues of Living A Runner's Life by Dave Griffin

**What does it mean when you can no longer go faster, when you move just for the joy it brings you?**

**Time moves on ...**



# Endurance Athlete Training Overview

## REFERENCES & 7 inspirational books... DB#27

3. Rusch to Glory - Adventure, Risk & Triumph on the Path Less Travelled by Rebecca Rusch with Selene Yeager

Whatever you resist will persist.

Run at it! You get one life.

When will you become unreasonable?

When will you stop acting like your broken?

The year after I read this book, I choose to seeking out & planning areas of my life to **'BE UNREASONABLE'**.

This changed my life. We cannot always stay with bounds to accomplish something great.

Select something and go at with all you will and Spirit.

4. Once a Runner by John L. Parker, Jr.

**Great just great.**

5. Again to Carthage by John L. Parker, Jr.

**Better than the first.**





# Endurance Athlete Training Overview

## REFERENCES & 6 inspirational books... DB#27

6. I'm Here to Win - A World Champion's Advice for Peak Performance by Chris McCormack with Tim Vandelhey

This man is confident.

It's Win the Race, Not Make Friends.

You are the CEO or your one-person company.

"I'm good because ..." What makes you tick, mentally as well as physically?

Find a purpose for your racing ...

Story: I rode for others after this, others who could not ride. I rode for my father with Alzheimer's.

Man, people wait their whole lives to do this! Just enjoy.

Wake up at 2 AM & have Ensure Plus.

500 calories/hour, 400 calories/hour, firm plans? Coke & water ... 'Right past you, mate.'

You can go this far, no farther. But our real limiter is our refusal to face our flaws.

Train for you age and Age is Just a Number.





# Endurance Athlete Training Overview

## REFERENCES & 6 inspirational books... DB#27

### 7. Pre - America's Greatest Running Legend, Steve Prefontaine by Tom Jordan

His following, "Go Pre" - maybe it was just his confidence, his sense of calmness.

Todd Williams, "I think the main reason I looked up to Pre is mainly his work ethic and how he treated the sport. **How he pretty much treated each day like it was his last practice or competition.**"

This will put a new perspective on that incredibly hard training day.

Story: After reading this book, I designed some specific climb training intervals that worked up to becoming equivalent to climbing 10,000 ft in 26 miles. The best specific preparation to be at your best when you event is just 'unreasonable.'

**Yes, books on running have been better than cycling. So, far ...**

**In a future deeper blog post I will introduce some additional inspirational books & some will be cycling specific.**

Thank you