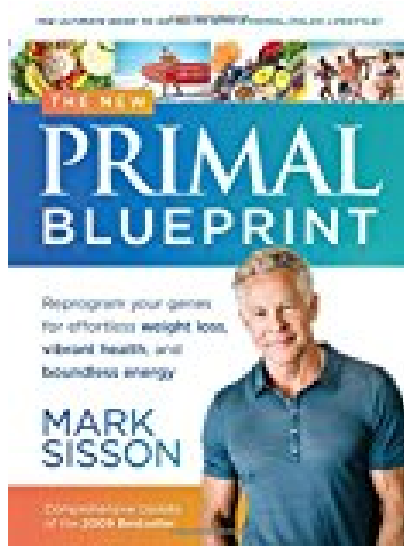


The New Primal Blueprint Reprogram Your Genes for Effortless Weight Loss Vibrant Health and Boundless Energy



BOOK DETAILS

- Author : Mark Sisson
- Pages : 568 Pages
- Publisher : Primal Nutrition, Inc.
- Language : English
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BOOK SYNOPSIS

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 easily reduce excess body fat, avoid overtraining and burnout that comes from the typical chronic training approach, spend fewer hours training and still go faster, have a more enjoyable, balanced approach to the sport instead of the typical compulsive approach, and finally have more energy and enjoyment of daily life, because of your stress-moderated approach to training."

THE NEW PRIMAL BLUEPRINT REPROGRAM YOUR GENES FOR EFFORTLESS WEIGHT LOSS VIBRANT HEALTH AND BOUNDLESS ENERGY

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