

## Suggested Books

{Link all of these to their Amazon page}

- [\*The Art and Science of Low Carbohydrate Performance\*](#) - Dr. Steven Phinney and Dr. Jeff Volek
- [\*Beyond Training\*](#) - Ben Greenfield
- [\*The Big Book of Endurance Training and Racing\*](#) - Dr. Phil Maffetone
- [\*Body, Mind, and Sport\*](#) - Dr. John Douillard
- [\*Breakthrough Triathlon Training\*](#) - Brad Kearns
- [\*Good Calories, Bad Calories\*](#) - Gary Taubes
- [\*Lights Out - Sleep, Sugar, and Survival\*](#) - Bent Formby and T.S. Wiley
- [\*Lore of Running\*](#) - Dr. Timothy Noakes
- [\*Play\*](#) - Dr. Stuart Brown
- [\*The Primal Blueprint\*](#) - Mark Sisson
- [\*The Primal Blueprint 21-Day Total Body Transformation\*](#) - Mark Sisson
- [\*The Primal Blueprint 90-Day Journal\*](#) - Mark Sisson
- [\*Wheat Belly\*](#) - Dr. William Davis
- [\*Why We Get Fat\*](#) - Gary Taubes

## SUGGESTED WEBSITES

[MarksDailyApple.com](#)

KellyStarrett.com or [MobilityWOD.com](#)

[EatingAcademy.com](#) – blog of Peter Attia

[SamiInkinen.com](#)

[Zach Bitter Blog](#)

**\*\*\*\*\*CHAPTER 1: SLOW DOWN!**

[A case against cardio](#) – Mark Sisson’s landmark post on MarksDailyApple

[Applying the Primal Blueprint Principles to Endurance Training](#)

[Downhill MAF running to improve speed at comfortable heart rates](#)

[Assessment of exercise intensity formulas by use of ventilatory threshold](#)

[Effect of Training Mode on Post-Exercise Heart Rate Recovery of Trained Cyclists](#)

[Run for your life! At a comfortable pace, and not too far: James O’Keefe at TEDxUMKC](#)

[Cardiac troponin increases among runners in the Boston Marathon](#)

[Cycling to Extremes: Are endurance athletes hurting their hearts by repeatedly pushing beyond what is normal?](#)

[Potential adverse cardiovascular effects from excessive endurance exercise](#)

[How to avoid \(and recover from\) the most common running injuries](#)

[Sally Edwards on the Black Hole](#)

[Assessment of exercise intensity formulas by use of ventilatory threshold](#)

[Ventilatory Threshold Study](#)

[One Running Shoe in the Grave: New Studies on Older Endurance Athletes Suggest the Fittest Reap Few Health Benefits](#)

**\*\*\*\*\*CHAPTER 2 – Balance Out, Chill Out**

[12 things you should know about mitochondria](#)

[Dr. Phil Maffetone on overtraining syndrome](#)

[Managing your mitochondria – exercise](#)

[Nick Willis Olympic silver medalist discusses a balanced approach “10 hour training week”](#)

[Nick Willis simply running part 2](#)

### **\*\*\*CHAPTER 3 – PRIMAL BLUEPRINT EATING STRATEGY**

[3Fuel](#)

[Autophagy: Process and Function](#)

[Carbohydrates kill – conversation with Dr. Tim Noakes](#)

[Dr. William Davis on the gliadin effect](#)

[Evidence for sugar addiction](#)

[10,000-year-old Red Bull](#)

[Peter Attia – Low Carb Eating and Endurance Performance](#)

[Peter Attia’s ketogenic endurance training experiment](#)

[UCAN Superstarch](#)

[Vespa Wasp Extract Peptide](#)

### **\*\*\*CHAPTER 4 – KETOGENIC ENDURANCE TRAINING**

[GI distress in triathletes:](#)

[Jimmy Moore Nutritional Ketosis experiment](#)

[Ketogenic diets help preserve muscle mass](#)

[Ketogenic diets improve autism and other neurological disorders](#)

[Low glycogen training](#)

[Rethinking fat as fuel for endurance exercise – PubMed abstract](#)

[Should athletes eat fat or carbs?](#)

[Zach Bitter’s takeaways from the FASTER study](#)

### **\*\*\*CHAPTER 5 – STRENGTH TRAINING**

[Handy calculator for percentages of one-rep max for strength training](#)

[Wondering why you are not making any change in your body composition or fitness? You are not alone](#)

[Jacques DeVore's blog](#)

[Is Your Workout Worth the Risk?](#)

[Runners World running injury survey](#)

[Why Sprinting Improves Endurance](#)

### **\*\*\*CHAPTER 6 – SPRINTING**

[Metabolic Equivalent Task Chart](#)

[Postactivation Potentiation studies summary](#)

### **\*\*\*CHAPTER 7 – SUCCESS STORIES**

[Sami Inkinen and wife row to Hawaii on high fat diet](#)

[The Natural: Entrepreneur Sami Inkinen](#)

### **\*\*\*\*CHAPTERS 9 and 10 – Complimentary Lifestyle and Recovery Practices**

[Cold water therapy](#)

[How the commercially available RTX cooling glove works](#)

[Ice, Ice Maybe? Post exercise cold water exposure for recovery](#)

[NY Times on Mary Cain and advanced training/recovery techniques](#)

[Outside Magazine overtraining syndrome article](#)

[Self myofascial release discussion](#)

[Stanford cooling glove study](#)