

Slow Burn



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Change your workout, change your life In Slow Burn, endurance master Stu Mittleman delivers a program for creating energy and increasing endurance so you can go the distance and feel great doing it every day, week, and year. Think Stu shares his proven formula for breaking down seemingly insurmountable goals into a series of manageable tasks. Train Learn to understand your body's signals and refocus your training so that the movement -- not the outcome -- is the reward. Eat Stu teaches you how to make nutritional choices that leave you energized -- not exhausted -- all day long. You really can accomplish more -- with less effort -- than you ever imagined. All you have to do is change your focus and you'll change your life. Let Slow Burn show you how to enjoy the journey and achieve the results.

作者介绍:

目录:

标签

饮食

跑步

英文

健身

体育

评论

这本书的内容用几句话就能说完，大概就是，1) 保持低（有氧范围）心律训练对身体有益，2) 戒掉糖以及其他简单碳水，都算有道理的劝诫。作者居然洋洋洒洒写了一本书，其中反复引用同一实例，并且穿插进一些有点伪科学色彩的研究成果，诸如“肌肉测试”，“血型饮食论”，需要一点耐心才读得下去。

书评