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## Beyond Training

### Mastering

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Health & Life America's  
top personal trainer,  
holistic nutritionist and  
health expert Ben  
Greenfield shows you  
how to overcome  
common health-related  
training issues while  
optimizing your  
workouts so you can  
look, feel, and perform  
like a champion.

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reviews. Whether  
you're an extreme  
exercise enthusiast or



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you're just looking to shed a few pounds, this is the last book on training, endurance, health, and life you will ever need.

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Health & Life by Ben  
Greenfield . Discover  
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What Problems Does  
Beyond Training Solve?  
Ironically, many people  
who appear to be fit  
and healthy on the  
outside struggle with  
health and lifestyle  
issues like insomnia,  
gas, bloating, low libido  
...

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So I made a huge exception when I picked up Ben Greenfield's book,

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Life

Beyond Training:  
Mastering Endurance,

Health and Life. And  
boy, am I glad I did.  
I've read a number of  
books on endurance  
exercise/nutrition, and  
they have more or less  
the same advice: do  
most of your running at  
60-80% of your  
maximal heart rate and  
eat lots of  
carbohydrates.

**Book Review:**  
**Beyond Training by**

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## Mastering

**Ben Greenfield**

The potential for CV  
damage secondary to  
extreme endurance

exercise appears to  
increase in middle age  
and beyond. Thus, it  
would seem

particularly important  
to avoid chronic  
excessive exercise  
doses after age 45 or  
50 years.”.

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Mastering  
Endurance, Health &**

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Author Ben Greenfield.  
Author of the New York  
Times Bestseller  
“Beyond Training“, Ben  
Greenfield’s balanced  
approach to fitness,  
nutrition and health  
comes from his  
extensive experience  
in the fitness and  
wellness industry as  
one of the country’s  
leading personal  
trainers and wellness  
consultants. In 2008,  
Ben was nominated by

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the NSCA as America's  
top personal trainer,  
Endurance Health  
and in 2013 ...  
Life

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Life

fewer frustrating health issues, have complete confidence that you are training the right way, and rid yourself of notorious body trouble spots, nagging injuries, and stubborn body fat.

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and consultations 10%  
off any purchases from  
the biohacking website  
UpgradedSelf  
(excludes kits, tech  
gear, and 5 lbs. bags of  
coffee) \$10 off any  
case of X2Performance  
beverage A sample  
packet of Generation  
UCAN SuperStarch  
(first 250

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## **Beyond Training Book - Beyond Training Book**

“Beyond Training is full of practical “in the trenches” tips on how to apply the complex principles of endurance training and nutrition to make big gains in less time than you thought possible.

## **Beyond Training Book - Beyond Training Book**

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Beyond Training "The  
Two Best Ways To  
Build Endurance As  
Fast As Possible  
(Without Destroying  
Your Body) - Part 2" -  
Links, Resources and  
Bonus Materials.  
Beyond Training Book  
Mastering Endurance,  
Health & Life

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Book - Beyond  
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Health & Life  
Hardcover - April 15  
2014 by Ben Greenfield  
(Author)

**Beyond Training:  
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mastering the teaching  
job at all, or are they  
needed only to ...  
beyond knowledge  
may be important in  
determining teacher  
suc- ... part of  
professional training. In

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our study, we proposed  
that ...

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...

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Health, and Life New  
York Times Best Selling  
book by Ben  
Greenfield, health and  
fitness expert and Kion  
co-founder. Beyond  
Training is Ben's first  
book on total human

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Mastering  
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Life  
optimization, with a special focus on endurance athletes looking to improve their health and performance.

## **Beyond Training: Mastering Endurance, Health, and Life - Kion**

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chapter Beyond  
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Life. It's been quite the



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Mastering  
Endurance, Health  
Life

ride, eh? Over the past few hundred pages, you've learned training, nutrition and lifestyle concepts that are going to enable you to finally achieve that delicate balance of health and performance.

## **Beyond Training Book by Ben Greenfield**

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