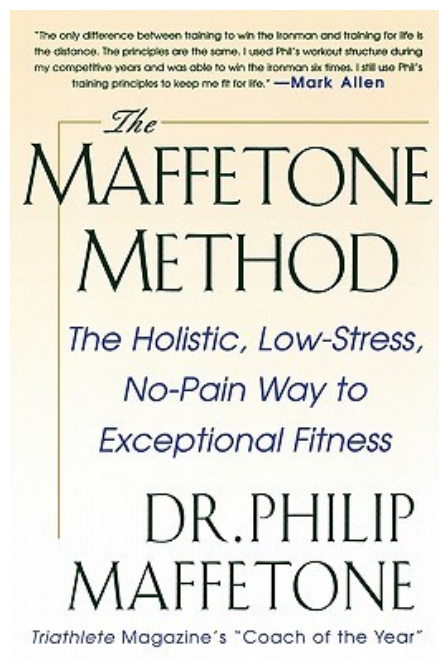




The Maffetone Method: The Holistic, Low-Stress, No-Pain Wathe Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness y to Exceptional Fitness

Philip Maffetone

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Dr. Maffetone's unique training system for champions proves that the kinder, gentler approach actually works the best. This fitness regimen has worked for champions and non-athletes alike- because it's based on Dr. Philip Maffetone's deep understanding of how the body works. Maffetone has used that knowledge to develop The Maffetone method, his successful low-stress fitness program, which can be tailored to any individual. It means "training slower to go faster," says Mike Pigg, world champion triathlete and Maffetone client. The Maffetone Method includes: A ten step program to reduce stress and increase overall fitness; Exercise techniques designed for increased results with decreased pain; The real lowdown on some of those fad diets. In short, this is a fitness regimen for champions that everyone can use to reach their own goals whether it be running a marathon or walking around the block.

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Details**

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From Reader Review The Maffetone Method: The Holistic, Low-Stress, No-Pain Wathe Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness y to Exceptional Fitness for online ebook

Neil Gaudet says

The book is rather dated and I suspect anyone reading it today would disregard large portions of it. While it has a lot of great advice about training load and diet it also has advice which has been clearly proven wrong since 2000. I think there are better, current sources of information.

Brent McCulley says

Really just excellent. While I don't agree with all of the diet recommendations in the back of the book, and some of the material is outdated simply because of the technological advances, no fault to the author, the substance of the book remains eminently practical. Build up your aerobic core by keeping your heart rate within the range of your max aerobic threshold, and watch as your athleticism rises and your anaerobic core improves as well. I will begin training with this method for a half marathon in 2 months!

Ramona says

Book was okay....Not a lot of instruction and redundant information from chapter to chapter.

Luke says

This book is an excellent read for anyone who exercises or hopes to excercise soon. Heck, I'd even give it to someone who doesn't want to excersize but probably *should*! Dr. Maffetone explains his method of developing your aerobic capacity to increase your endurance for long-distance running or any other physical activity. He makes a very interesting and unconventional case and his method is unlike any other program that I have read. It certainly doesn't mesh with the "no pain-no gain" crowd. He also delves into nutrition, work-out equipment, and recovering from injuries. I am currently using his method in my training schedule and have been very satisfied with the results so far. **A word of caution** the Maffetone method is not for the impatient. It takes a few months to start seeing the benefits in training, but I have noticed a difference in my body's fat-burning capacity already. Hopefully this will translate into more stamina in Mile 23!

James Person says

Ok but not worth the money

I've heard a lot about Dr. Katherine and his Katherine Method. I've heard so much, in fact, that I didn't really need to read the book. You're welcome for the donation Dr. Phil!

Sandra says

A holistic guide to fitness without pain or stress. While published in 2000 the information in this book remains quite fresh. You may feel, as I did, some resistance to the ideas, only because it feels quite opposite of what we've been told for years.

What I liked: The information is quite unlike anything I've read before on fitness and actually seems doable (also unlike a lot of other programs). It is presented in a readable format meant for regular people and the concepts are clear and easy to understand.

What I didn't like: Some of the chapters weren't relative to me and therefore a bit boring.

I give this book a 4 out of 5 star rating.

Franklin says

A great book to start you on the way to healthy, life-long fitness. Not only does this book guide you past the "no pain, no gain" mentality, it also provides guidance on appropriate rest, stress and nutrition intake. This book is an easy read, but can also be used as a guide for specific concerns/needs.

Melissa says

Brilliant explanation and support for training smarter not harder. He was ahead of his time suggesting a lower carb whole food lifestyle for runners! The heart rate approach is new to me recently and I only wish I had known about it sooner. I'm well on my way to improved aerobic health now though and this book confirms this change of approach!

Darlene Hull says

An excellent book for athletes in any discipline. An introduction to Dr. Phil Maffetone's methods - fairly general, but some really good stuff here. I base all my training on his gentle but effective guidelines.

Josh says

Personal Background

I've been running for 2 years. Lately, I've been wanting to improve my pace and distance but feel like I'm

working too hard to do it (seen by high heart rate and feeling tired afterwards). Furthermore, I'm not enjoying my runs like I used to. What was fun is turning into work.

Book Summary

In short: work out at a much lower heart rate. This is found by a formula that starts at 180 bpm minus your age. It gets adjusted based upon how you answer some other questions but that's the gist: don't go higher than this number.

Dr. Maffetone says that when you exercise higher, you are exercising "anaerobically". This means that you are deriving your energy by burning sugars or carbohydrates. The problem is that most people only have 1.5 hours of glycogen before they get exhausted. Furthermore, you increase your chance of injury and burnout by exercising at this intensity.

Instead, you should workout at a lower heart rate thereby deriving more of your energy from fat than sugars. This is called exercising aerobically. You have much more plentiful fat stores than sugar so this will allow you to work out more efficiently (and for longer) without feeling exhausted. In fact, he says that you should exercise at such a low intensity that when you are done, you should feel as if you could do the whole exercise all over again. Additionally, this will train your body to burn fat 24/7!

He proposes measuring your progress once per month by writing down your results when you run on the same course. He calls this the Maximum Aerobic Function (MAF) test. You should see monthly improvement in your pace as you'll need to move faster to keep your heart rate up as your aerobic base develops. Once you hit a plateau in your improvement (about 3 - 6 months for most people), you can exercise with some measured anaerobic activity but should repeat the test monthly. If you slip, you need to get to the bottom of the change. It could mean you have a health issue or that you are over-training and are due for an injury.

Thoughts

I like Dr. Maffetone's practical approach geared more toward just getting people moving with a bent toward no amount of exercise is too little. This attitude is not only non-intimidating but would yield so many health benefits for people if they did even the smallest amount of activity (walking for a few minutes, etc).

I am a little suspicious of some of the 'holistic' and 'natural' terms. Nonetheless, I think there's something to what he is advocating. He also covers other aspects such as diet, footwear, etc but these receive less attention in the book. Honestly, most of this information can be found online. In fact, I think I saw a reproduction of his book on his professional website.

I started my MAF training two weeks ago. My target rate is 150. It is tough, especially on hills, to stay below this number. I'm moderately happy with the pace, though, when I'm not on a hill. I'd describe it as a jog and it makes my runs enjoyable again. I have time to think and let my mind wander. Time will tell if the approach is effective but, based upon other accounts on the internet, in 3 months I should see dramatic improvement. I really hope to see personal record paces without the high heart rate or level of effort I had been putting in.

I hope to return to this review in a few months (if I can remember) and update with my progress!

Lee Adams says

A decent read with straight-forward principles. Slightly dated and more of a 'beginner' book, however. Probably didn't need to read cover to cover to get out of it what I needed to. Will definitely refocus from the dreaded 'zone 3' training and focus more on MAF running on a day-to-day basis.

BriZen says

This is an excellent reference manual for how to build a solid foundation for life-long physical fitness. Dr. Maffetone covers everything from workouts to proper footwear to nutrition. I thought it was an excellent read and am putting its information to good use immediately. Recommended!

Suzanne says

Debunks the myth: "no pain, no gain." Replaces it with the idea that pain is the body's signal that there is something wrong, and therefore any exercise that causes pain or severe discomfort must not be contributing to health. Working out with this mindset is much more enjoyable, which translates to a more regular practice of exercise. Maffetone is one of many holistic fitness experts who suggest a lower target heart rate for aerobic training. Many of us are too impatient to get through the initial training stages, where exercising at a lower target heart rate means staying at a slower pace. But, if one can manage the initial ego bruise of recognizing how "out of shape" he or she is, and stick with the program, the result will be a increased performance, with greater enjoyment and improved health.

Torbjörn says

This small, but remarkable book contains an easy to follow proven philosophy that will lead to improved health & fitness.

Everyone should invest the time it takes to read this book and try the program, the results for me has been fantastic; From couch potato to 100mile ultra marathon finisher, without injuries and while enjoying every step along the way.

Do yourself & your body a favor, read it.

Luke Salmon says

It all makes sense, I'll have to check back in six months after I've finished the base training to see how much it improved my fitness.
