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Endurance was the three-masted barquentine in which Sir Ernest
Shackleton and a crew of 27 men sailed for the Antarctic on the
1914–1917 Imperial Trans-Antarctic Expedition. She was launched in 1912
from Sandefjord in Norway; three years later, she was crushed by pack
ice and sank in the Weddell Sea off Antarctica. All of her crew
survived.

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The Big Book of Endurance Training and Racing will forever change the
way you think, breathe, and enjoy the multisport lifestyle. Written by

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legendary coach Dr. Philip Maffetone, who was named ...

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Furthermore, riding disciplines such as road racing, endurance events, cyclocross, mountain biking, and track are discussed at length so readers can figure out which activities are right for them. The Bicycling Big Book of Training is an excellent guide for anyone who wants to learn more about cycling and take their performance to the next level.

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“By measuring an athlete during all aspects of training, I made the important discovery that anaerobic stimulation, which can come from any anaerobic workout and any physical, chemical, or mental lifestyle stress, had the potential to interfere with the development of the aerobic system, thereby reducing endurance potential.

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