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But the damage from endurance training can go beyond your heart. For example, in my job as a wellness consultant and triathlon coach , I spend lots of time looking at biomarkers of very physically active people, talking to

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endurance athletes on phone and Skype , and conversing with athletes from my teams, clubs and gyms, and typical frustrating problems I see or hear repeatedly include:

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-12 Week "Beyond Training" Meal Plan that uses the fueling concepts discussed in the Nutrition section of the book

Beyond Training Book by Ben Greenfield

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About the Author. Ben Greenfield is a coach, author, speaker, ex-bodybuilder, and Ironman triathlete. His science-based approach to discovering a potent balance between health and performance has revolutionized the way thousands of athletes and exercise enthusiasts around the world live, train, and eat.

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