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Titolo	The Endurance Training Diet and Cookbook : The How, When, and What for Fueling Runners and Triathletes to Improve Performance
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ISBN	1-101-90461-5
Descrizione fisica	1 online resource (149 pages)
Disciplina	613.711
Soggetti	Athletes High-protein diet High-fiber diet
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	Reach your peak performance with the best training and fueling plan. Achieve your goals in endurance racing with the detailed training advice and perfectly tailored recipes in this new must-have manual and cookbook. Fueling your body is just as important as training it, but different phases of training and racing require different combinations of nutrients. Written by one of the world's leading triathlon coaches, The Endurance Training Diet & Cookbook includes in-depth advice to boost your performance and seventy recipes that will help you reach your personal best. Inside, you'll find: * the best nutrition information to support your body when exercising at intense levels whether you're a distance runner, cyclist, or triathloner * guidelines for fueling during preworkout, postworkout, and recovery windows * a game plan for what to eat and drink during workouts and on race day * delicious, nutrient-rich recipes made with fresh, whole foods for every meal of the day The Endurance Training Diet & Cookbook has everything you need to help you break through in your racing.