



Sports Nutrition for Endurance Athletes, 3rd Ed.

Ryan Monique

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Sports Nutrition for Endurance Athletes makes high-performance nutrition simple for running, cycling, triathlon, and swimming. Weighing in at 432 pages, this newly updated third edition is the most comprehensive resource on nutrition from the most experienced and highly qualified nutritionist in endurance sports.

Ryan offers clear answers to the most fundamental questions in endurance sports nutrition--what should I eat, how much, and when--based on the latest research and experience from her 30-year career advising elite and age-group athletes and pro sports teams. She offers fine-tuning strategies for training and racing, optimal recovery, weight loss, and boosting strength-to-weight ratio. Citing rigorous and reputable studies, Ryan busts myths about ergogenic aids and supplements and offers a dose of reality to practices like fat loading and glycogen-depleted workouts.

Since endurance sports are too different for a "one size fits all" food plan, Sports Nutrition for Endurance Athletes reveals how runners, cyclists, triathletes, and swimmers should fuel differently to gain real performance advantages in their sports. Even within each sport, optimal nutrition varies with the type and duration of events, so Ryan explains nutrition for short- and long-course triathlon; road, criterium, and mountain bike racing; 10K, half-marathon, and marathon; and sprint and distance swimming.

This complete guide addresses a wide variety of special nutrition considerations for younger and older athletes, diabetics, vegetarians, pregnant women, and those with celiac disease or gluten intolerance. Sports Nutrition for Endurance Athletes also offers six appendixes of reference material including glycemic index, vitamin and mineral glossary, an up-to-date comparison of sports nutrition products, and sample menus.

Smart nutrition can make the difference between a personal record and a lackluster season. Committed athletes and newcomers to endurance sports will both find Sports Nutrition for Endurance Athletes to be a comprehensive, easy-to-use guide to better performance in running, cycling, triathlon, and swimming.

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Exactly why? Because this Sports Nutrition for Endurance Athletes, 3rd Ed. is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will shock you with the secret the idea inside. Reading this book adjacent to it was fantastic author who have write the book in such incredible way makes the content inside easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of benefits than the other book get such as help improving your ability and your critical thinking way. So , still want to hesitate having that book? If I were you I will go to the e-book store hurriedly.

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In this period of time globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher this print many kinds of book. Often the book that recommended to you is Sports Nutrition for Endurance Athletes, 3rd Ed. this guide consist a lot of the information in the condition of this world now. This specific book was represented just how can the world has grown up. The terminology styles that writer use for explain it is easy to understand. The particular writer made some analysis when he makes this book. Honestly, that is why this book acceptable all of you.

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