



Runner's World Performance Nutrition for Runners: How to Fuel Your Body for Stronger Workouts, Faster Recovery, and Your Best Race Times Ever

Matt Fitzgerald

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Runner's World Performance Nutrition for Runners by Matt Fitzgerald offers runners up-to-date nutrition advice based on the latest science

Runners have different nutrition and recovery needs than other endurance athletes. Yet until now, they've had no nutritional resource specifically addressing their concerns.

This comprehensive guide distills the newest thinking in the science of exercise nutrition into practical, hands-on tips that will help runners stay healthy, recover faster, enjoy better workouts, and race successfully. Readers will learn:

- detailed information on nutritional topics important to runners, from balancing internal energy stores to proper hydration
- how to customize their diets to their individual training needs
- shopping tips and dining-out strategies to help runners maximize their nutritional intake
- the top 5 pre-race meals and top 5 healthiest snacks for runners
- nutritional tips for special populations, including women, children, diabetics, and older runners

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Grady Long:

In this 21st centuries, people become competitive in each and every way. By being competitive right now, people have do something to make them survives, being in the middle of typically the crowded place and notice by means of surrounding. One thing that at times many people have underestimated that for a while is reading. That's why, by reading a reserve your ability to survive improve then having chance to remain than other is high. For you personally who want to start reading a book, we give you this kind of Runner's World Performance Nutrition for Runners: How to Fuel Your Body for Stronger Workouts, Faster Recovery, and Your Best Race Times Ever book as beginning and daily reading book. Why, because this book is usually more than just a book.

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