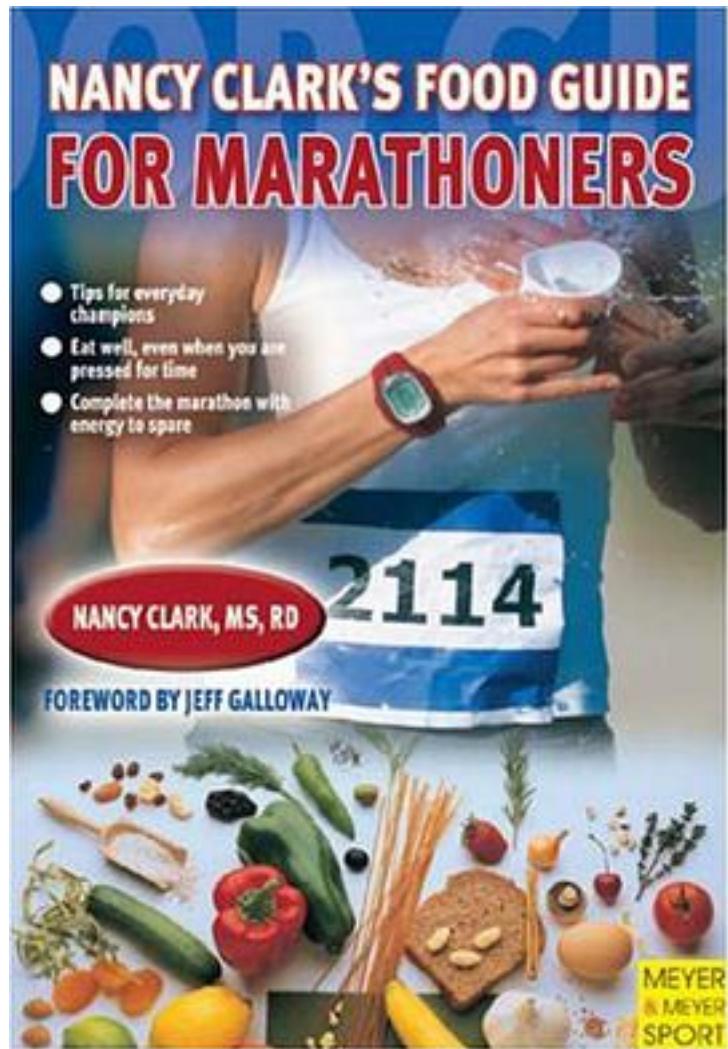


Nancy Clark's Food Guide for Marathoners



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This superb volume from one of the world's most respected sports nutritionists combines personal experiences with professional expertise to provide readers with all the information they need to get the very best from their diet. "Food Guide for Marathoners" includes expert information on eating well, even when pressed for time; effective balancing of carbohydrates, proteins, and fats; choosing the best snacks for before, during, and after long runs; losing weight and increasing energy and vitality levels; and completing marathons with energy to spare. Whether you are a first time marathon runner or putting the finishing touches to a training diet, this new book will become an invaluable reference tool.

作者介绍:

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