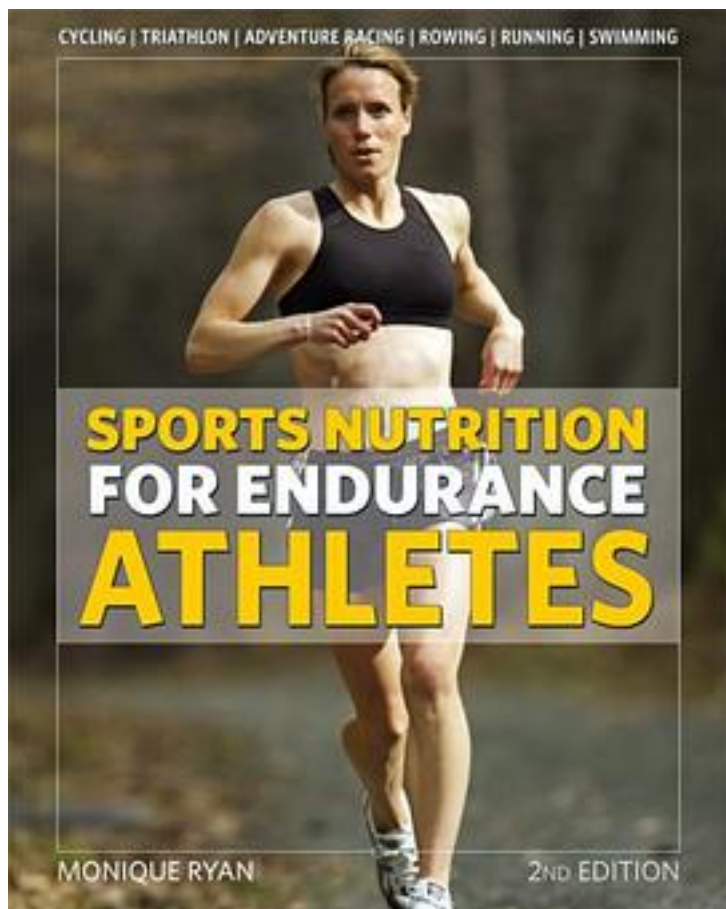


# Sports Nutrition for Endurance Athletes



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"Sports Nutrition for Endurance Athletes" provides sound nutrition guidelines to boost athletic performance in seven of the most popular endurance sports. Endurance athletes regularly push their bodies to the limits with a strenuous training regimen that demands smart nutrition. Monique Ryan offers proven strategies for improved athletic

performance with sport-specific guidelines for the most popular endurance sports - triathlon, cycling, mountain biking, cyclo-cross, swimming, distance running, and rowing. In-depth information is presented in an easy-to-read and accessible style, with individual chapters dedicated to each endurance sport. Endurance athletes will learn how to assess body composition and find healthy approaches to losing body fat and building muscle. Ryan also gives practical pointers such as a review of popular ergogenic aids, tips on meal planning, typical shopping lists, sample menus, glycemic index of foods, facts about vitamins and minerals, and a comparison of sports nutrition products.

作者介绍:

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