



## Endurance Sports Nutrition (3rd Revised edition)

By Suzanne Girard Eberle

Human Kinetics Publishers. Hardback. Book Condition: new. BRAND NEW, Endurance Sports Nutrition (3rd Revised edition), Suzanne Girard Eberle, Packed with nutrition plans for middle and long-distance, ultra-endurance and multiday events, Endurance Sports Nutrition focuses on the unique nutritional needs of endurance athletes, including runners, cyclists, mountains bikers, open-water swimmers and triathletes. This comprehensive resource provides in-depth strategies for day-to-day consumption (including dining away from home, eating vegetarian and managing food intolerances) as well as sport-specific tips for executing a winning nutrition plan during an endurance event or race. Using the latest recommendations from sport and nutrition science, the book will help endurance athletes of all levels to benefit from high-performance eating, reach and maintain a healthy weight and stay up to date on supplements and sport foods. It highlights the nutritional needs of endurance athletes.



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### Reviews

*Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

*-- Jayda Lehner Jr.*

*It in one of the best book. Better then never, though i am quite late in start reading this one. You wont feel monotony at at any moment of the time (that's what catalogues are for regarding in the event you check with me).*

*-- Dr. Kristin Dickens*

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