Racing Weight: How to Get Lean for Peak Performance (2nd Revised edition)

By Matt Fitzgerald

VeloPress. Paperback. Book Condition: new. BRAND NEW, Racing Weight: How to Get Lean for Peak Performance (2nd Revised edition), Matt Fitzgerald, "Racing Weight" is a proven weight-management programme designed specifically for endurance athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training. This comprehensive and science-based programme shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The updated "Racing Weight" programme helps athletes improve diet quality and manage appetite; balance energy sources; easily monitor weight and performance; time nutrition throughout the day and train to get, and stay, lean. "Racing Weight" offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. Racing Weight superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite. Athletes know that every extra pound wastes energy and hurts...

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