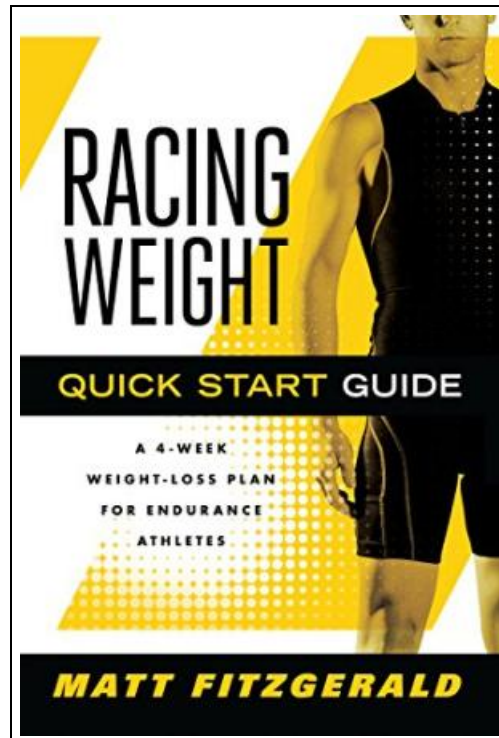


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Reviews

Completely essential study publication. Better than never, though i am quite late in start reading this one. I am very easily could get a delight of reading a composed publication.
(Marilyne Macejkovic)

RACING WEIGHT QUICK START GUIDE: A 4-WEEK WEIGHT-LOSS PLAN FOR ENDURANCE ATHLETES



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VeloPress. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 8.9in. x 6.0in. x 0.7in. Most endurance athletes are concerned about their weight. They know that every extra pound slows them down. Yet normal dieting and fad weight-loss programs dont work for athletes who need to fuel their training. Cyclists, runners, triathletes, and swimmers need Matt Fitzgeralds Racing Weight Quick Start Guide, the first weight-loss training plan for endurance athletes. By applying all the principles of his best-selling book Racing Weight, endurance athletes will accelerate their season goals and race leaner and faster than ever before. Athletes will devote 4 to 8 weeks to starting a weight loss of 5, 10, or 20 pounds. The weight will come off quickly by following a schedule of high-intensity workouts, strength training, and a menu of calorie-restricted, high-protein meals and snacks. Low-volume and high-volume training plans help athletes maintain fitness even while they focus on weight loss. With the Racing Weight Quick Start Guide, endurance athletes can lose weight quickly and get a jumpstart on reaching their performance goals. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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