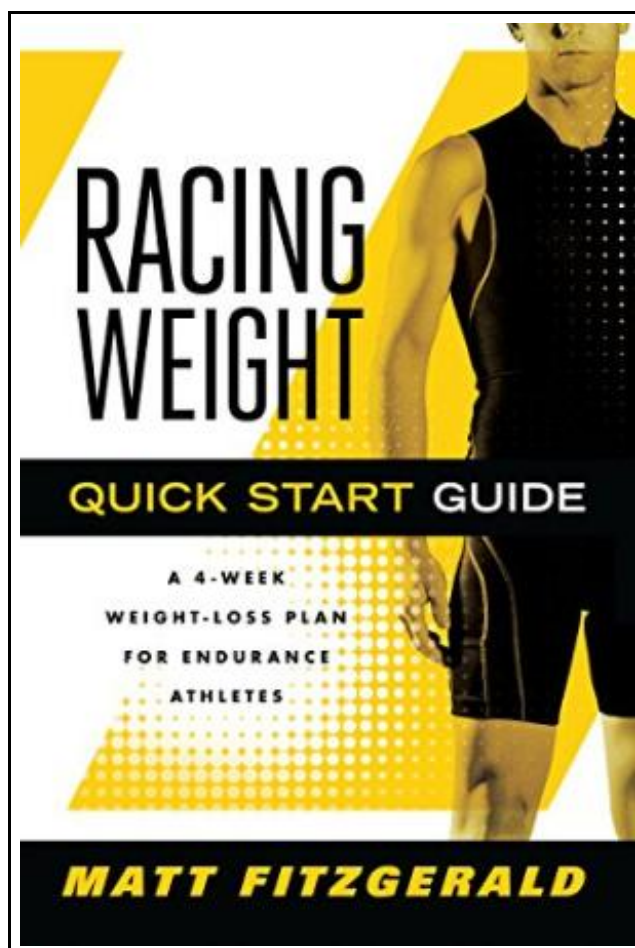


Racing Weight Quick Start Guide: A 4-Week Weight-Loss Plan for Endurance Athletes



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This ebook is wonderful. It generally fails to price too much. Your lifestyle period will be transform as soon as you comprehensive reading this ebook.

(Otho Bergstrom)

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



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 don't work for athletes who need to fuel their training. Cyclists, runners, triathletes, and swimmers need Matt Fitzgerald's 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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