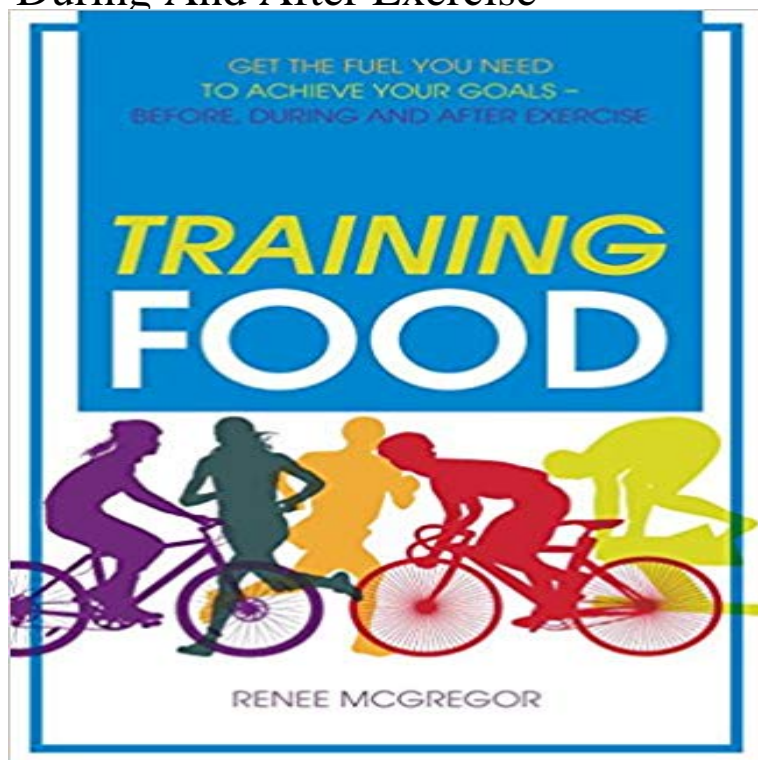


Training Food: Get the Fuel You Need to Achieve Your Goals Before During And After Exercise



Triathlon. Marathon. Half-Marathon. 5K. When you're preparing for your first or your fiftieth race, what you eat can make all the difference to your performance. This is the book every athlete needs to fuel their training a sports nutrition guide written by a registered dietician-athlete. Renee McGregor works with elite athletes to enhance their performance, and in Part 1 of the book she shares the cutting edge science behind sports nutrition in an accessible way, so that you can achieve the results you want, whatever your sport and regardless of what level you train at. To help you incorporate the advice, Renee also provides plans to follow, to show you what and when you should be eating during your training regime. In Part 2 you'll find over 100 delicious recipes, including nutrient-packed breakfasts such as Sunflower Seed and Chia Porridge, or lunches that will keep you fuelled up throughout training. Great recovery dinners include Coriander Lamb with Quinoa, while there are plenty of options for portable snacks to eat on the go and even desserts such as Potted Lemon Cheesecake to help you achieve optimum nutrition for your training. This book takes the cutting edge science behind sports nutrition and makes it user-friendly for all those embarking on an exercise programme whether a first timer or a veteran marathon runner. This book will appeal to all. Most books in this area generally tackle only one type of sport, or they are more weight-loss orientated with exercise as an addition to the diet. This book will be useful to all marathon runners, triathletes, players of team sports and clearly explains how the choice, portion size and timing of food will get results in terms of body composition and performance. Renee's experience as a registered dietitian and sports nutritionist working within clinical surroundings and the general public but also in the elite field means she understands what individuals

need from nutritional advice and how this can be translated into peoples everyday lives. Contents PART 1: THE SCIENCE CHAPTER 1: FUELLING BASICS CHAPTER 2: TRAINING - THE ROAD TO VICTORY CHAPTER 3: WHATS YOUR SPORT? CHAPTER 4: FROM RUNNERS KNEE TO TENNIS ELBOW - TROUBLESHOOTING PART TWO: RECIPES BREAKFASTS LIGHT MEALS MAIN MEALS SNACKS AND PORTABLES DESSERTS

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