

"A crucial resource for anyone who wants to run their best marathon. I highly recommend it!"
—**RYAN HALL**, American record-holder,
half-marathon and 70K, and Olympian

A CUTTING-EDGE PLAN to
FUEL YOUR BODY
BEYOND
"THE WALL"

LIFELONG BOOKS

The **NEW RULES** of
MARATHON and **HALF-MARATHON**
NUTRITION

Matt Fitzgerald
author of *Racing Weight*

Foreword by **KARA GOUCHER**, two-time Olympian,
four-time national champion

Matt Fitzgerald

The New Rules of Marathon and Half-Marathon Nutrition: A Cutting-Edge Plan to Fuel Your Body Beyond ""the Wall""



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From basic tenets of schooling to nutrition recommendations, this is actually the first source for runners to fully integrate nutrition with schooling for a complete and systematic pre-race plan. Each year, roughly 2 million people take part in marathons and half marathons in the USA, and, regardless of what level they are, each one of these runners has most likely hit "The Wall," running out of muscle fuel in the ultimate miles and slowing down precipitously. "A must for marathoners" (Library Journal). This setback and other common working disappointments are nutritional (or metabolic) in character. Fitzgerald's effective and easy-to-use tools will enable runners of most levels to realize their ideal racing weight, calculate their specific daily energy demands, and formulate a custom nourishment plan. In *The New Rules*, famous fitness journalist and schooling trainer Matt Fitzgerald cuts through the myths, distilling the most up-to-date research to help runners conquer the universally experienced nutritional barriers that prevent success in the marathon and half marathon.



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First time I actually didn't hit the wall This is simply amazing. This was my 6th marathon, and I acquired bought this book about 10 days before the competition. I followed 5+1 carbo loading cycle, and it helped. Teaching plans aren't the greatest you can find much better online, nevertheless the diet / recovery meals to accomplish the training can be a fantastic resource. I'd recommend to read this to everyone. Actually, I even were able to increase my swiftness within the last 5k after a reasonably conservative mid-section. Of training course, sports nutrition and especially race nutrition is something you'd want to test out to see what is right for you personally - things differ for different athletes. And the fact that it proved helpful for me made it worthwhile! I ran almost also splits of just one 1:49:XX and 1:51:XX, posting a new personal best of 3:41:09. There is no wall! It's also a training reserve. This was an awesome buy. The reserve also switches into training methods, tapering, carb utilization during teaching, racing, and recovery, and so much more. I must say i enjoy the scientific specifics, experiments and outcomes he shares. It creates what he has to say incredibly credible. It was a thrilling examine for the genre of reserve. This books describes several alternatives and suggests some sensible choices. Sound methods Easy read and simple methods to eat correct while training to race time. Fitzgerald knows what he is talking about. I tried the body fat/carbo loading before my most recent marathon and experienced great also at that dreaded 'wall structure' at 20 miles. It's awesome. For a first time, owning a marathon I was feeling great all the way through. I'm actually still looking forward to my original book purchase to arrive but I'm not disappointed with this one at all. Therefore nice to see for once. This time around I was ready. Fitzgerald has lot of information to back again up some simple rules of what to eat and how to manage your nutritional intake in the days and hours business lead up to Marathon or Half Marathon. Am Amazon recommended reserve that was an excellent impulse purchase! Hooray and thanks! It's primarily targeted at length runners, but runners of sorter distances that are interested in getting leaner will find very good info in here as well. If you have ever hit it, guess what happens I'm discussing, and it stinks. The dietary guidelines are supported by actual technology, include multiple sights and discussions about Why you need to follow a specific path, and do not exclude ANY dietary groups. Great browse, learned a whole lot about marathon nutrition Loved the calorie load outs and the ratios of what to eat. The guidelines are easy to follow and non-excluding of nutritional restrictions. Three Stars wasn't a straightforward read for me personally, I liked far better "the non marathoners instruction" for first-time runners Great info, easy to include Excellent information that challenges trendy nutrition plans and proven methods for getting lean and performing your very best, organized into an easy-to-follow plan that any kind of runner (even a turtle like me! Five Stars Excellent Read. I'm vegetarian and can use this. I was purchasing another publication and Amazon suggested that one, among others. But it's not only a diet book for length running. The Most Riveting Diet Book I've Ever Go through! The idea is in order to avoid striking 'the wall'. A leaner runner is a faster runner. I applied what I learned from this reserve and within per month I lost 10 lbs and I ran my finest Half Marathon ever with energy to extra! I read the irritated testimonials about the sentence discussing peanuts developing on trees and it's in there. He's a smart guy so I'll go with editing error on that one. Well written and very informative. I can't speak very much for shorter distance runners, but this can be able to offer some excellent advice for you personally as well. Excellent recommendations So I had found among Matt's books years ago. I came across it interesting but I must say i didn't wish to "hear" what it experienced to state. I notices Matt was a co-author, read the description, found a used duplicate for much, and went for this. I have often known in my heart that I run better when leaner and I am less injured. Appears to me that lots of runners that are looking for

info and support about how exactly to best lose weight while fueling their running do not find it through traditional weight reduction books, groups, diets. Many of us aren't especially welcome at these venues either, as often we are still in a standard weight range. I feel like Matt is speaking with me, personally and lastly I am listening. This is very well written and filled with so much good details. I can also hand this to my meal eating husband to use and then talk about it with my celiac step mom.) can incorporate into their daily training. Wonderful resource for runners I always learn from Fitzgerald's books and this was no exception. He does an excellent job of presenting lots of details in a format that means it is easy to look at. His writing is clear and he avoids obtaining ahead of what's demonstrated through studies/research (so when he does present his opinion, he clearly identifies it as such). If you're ready to get some fad-free advice, this publication is an excellent resource. There are only a few dishes shared for a reference. I tried the fat/carbo loading before my latest marathon and felt great even at that dreaded 'wall' at 20 miles There is fairly a little bit of science in back of the science of carbo loading and body fat loading. Great Book Excellent book with lots of good information. Well written and very informative. It's an extremely good reserve and if you're serious about schooling and improving your length running, this is a good publication for you.



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