

A photograph of a swimmer in a pool, viewed from above. The swimmer is in a streamlined position, with arms extended forward and hands clasped. The water is a deep blue, and there are some bubbles visible near the swimmer's head. The swimmer is wearing a dark-colored swimsuit.

# EAT RIGHT SWIM FASTER

ABBY KNOX RD

Abby Knox

Eat Right, Swim Faster: Nutrition for Maximum Performance



[continue reading](#)

Eat Right, Swim Faster is the ultimate nutrition resource for competitive swimmers of all ages. Rather than insisting that visitors wade through a tangle of extremely technical terminology, Eat Right, Swim Faster provides an abundance of audio, practical advice, in a straightforward, nonacademic tone. It really is a smartly written book of highly useful and very accessible info for swimmers interested in what food can perform for them in their pursuit of maximum efficiency in the water.. Visitors can therefore be confident they're getting the smartest, most up-to-date information on the foods and beverages that will serve them- and their swimming performance-best..Eat Right, Swim Faster draws on the latest sports nutrition research as well as the very personal connection with the author-a registered dietitian, sports nutritionist, swim coach, athlete, and mother of three competitive swimmers..



[continue reading](#)

Perfect Book at an ideal Time This was an ideal book for all of us, at an ideal time! Because of his size we have always fed him a really high protein diet thinking he required it for muscle and strength. She succeeded. Our 11-year-old child has been around competitive swimming since he was 6. Even on meet mornings he would eat 2 eggs, 2 meats, a carb, and a fruit. After that, I started also to learn the details, and now I understand the nutrition specifics on labels, planning foods and snack foods for the different types of times. He's also ADHD, so we give him hardly any sugar and caffeine. It had been exactly what I was looking for--which was a place to start. The writer wanted it to become easy to read and relate to... not really a scientific journal. Despite being really, tiny, he's quite fast. That could mean what to eat just prior to a practice, a day time before a competition or to recover after an intense meet. This weekend our child read the basics of every chapter and made highlights. Eat Right, Swim Faster is a must have for each swimmer! The truth that our family will all end up being on the same page is so positive. Because our boy has read it, he knows that whenever we give him choices and plan things out, they aren't just coming from his parents... they are from the lady who wrote the reserve EAT Correct, SWIM FASTER. Must have for each swimmer! We knew we needed to research and help to make some changes this year, and this book has been thus helpful. I love just how Abby Eat Right, Swim Faster is an extremely user friendly information to feeding your competitive swimmer. This helped because I've never been good at knowing what to consume before or after practice. Includes the importance of hydration among other activities. Read the book Must read This is exactly what every coach, parent and athletes NEEDS in order to have an advantage in the pool. The information in this reserve helps identify what energy will make your body execute better and remain healthy. We are so extremely fortunate never to only have got her as a coach but to make use of her experience as a qualified Nutritionist. She is an amazing Coach and any swimmers of ours that cross her path are fortunate indeed. Great Book - Excellent Details and Inspiring too ! Not only that she educates the chaperones and writes all of the menus for our sportsmen on apart meets. Her details is from the most up to date research on nutrition but makes it easy to follow and implement for any swim family. I can assure you that you will be getting an amazing book that will most surely help your child(ren) be their best both in and out from the pool. Great Book for any competitive swimmer ! Lucky for all of us she has worked closely with all our parents therefore they are educated to know the importance of feeding their swimmers the correct diet. My 12 year old girl read this book and it made her more aware of what she was investing in her body, and she references it all the time now. This is an exceptionally useful, easy to follow resource that allows swimmers to use nutrition as an essential part of their competition toolbox. And it's really not complex, nor does it discuss specific food trends -- it boils food options into what swimmers need to be able to swim better. I've read it, and my husband has go through it. Swimmers burn a lot of calorie consumption but that doesn't mean after that can or should eat whatever they want. We am fortunate to teach along side Abby Knox and have experienced first hands her wealth of knowledge. As a mother or father who has never been a competitive swimmer, it helped me tweak our meal planning and decide which snacks to choose at the supermarket. This book helps swimmers fuel up better! I highly recommend this book. Great book for establishing a routine Great book for beginners trying to set a routine of constant swimming. As a parent, you always believe that you know what the very best for your child is, which also refers to the foodstuffs and snacks you give them. I couldn't have already been more wrong. WHEN I read Abby's reserve, first just the basics, because you remain on that I know everything mood, I pointed out that I was mistaken by the amounts and kind of food a swimmer needs. So many people heard this and looked at us like we were strange, and now we realize why. Having all the details in a compact reserve makes it that you can bring it on a trip. My husband and I are now likely to highlight things. She gives suggestions of what to eat before, during, and after swimming and when to eat. As a competitive swim coach and a mother or father of a swimmer, I really like the way Abby, not merely provides 'the fundamentals' of how to eat for overall performance

that my daughter can understand but also provides 'the fine detail' behind it all. Sports Nourishment for swimmers is so misunderstood and FINALLY there is a book that is geared towards the diet that SWIMMERS need. I only wish when I was swimming competitively developing up that I acquired a reserve to supply all this professional advice from Eat Best, Swim Faster. If you want to swim to your ideal best, you should buy this book!!



[continue reading](#)

download Eat Right, Swim Faster: Nutrition for Maximum Performance djvu

download free Eat Right, Swim Faster: Nutrition for Maximum Performance djvu

[download Creative Aging: Rethinking Retirement and Non-Retirement in a Changing World txt](#)

[download Life - The Epic Story of Our Mitochondria: How the Original Probiotic Dictates Your Health, Illness, Ageing, and Even Life Itself mobi](#)

[download free I'll Shave My Head Too pdf](#)