

FUEL YOUR RIDE

**COMPLETE PERFORMANCE
NUTRITION *for* CYCLISTS**



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Fuel Your Ride: Complete Performance Nutrition for Cyclists



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Fuel Your Trip provides cyclists with the extensive nutritional information you will need to effectively power your rides and carry out at your very best. In addition to chapters on in-exercise food and hydration, supplements, and weight reduction, special attention is placed on what to eat and the optimum time to eat, considering the different nutritional requirements for training rides, race overall performance, and recovery. This publication teaches riders everything from what things to eat on competition day to avoid the dreaded bonk to how exactly to lose pounds while eating enough nutrition and power hard training rides. Fuel Your Ride combines the expert advice of numerous nutritionists, coaches, and professional cyclists to present a simple, clean, and whole foods approach to eating filled with easy-to-follow recipes that include delicious and nutritious vegetarian, vegan, and gluten-free options. Gasoline Your Ride can be a thorough guide to performance nourishment for cyclists and provides all the equipment you need to customize a unique nutrition plan to achieve maximum efficiency. Athletes know that proper nutrition is important, but choosing the best balance can be complicated.



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Simple, understandable sports diet which has helped my cycling. After struggling to find a concise guide to sports nutrition, and reading some extremely outdated advice (i.e. She has a nice overview in each chapter for upcoming quick reference. Four Stars It's OK info I can use. Five Stars Bought as gift for my cyclist child. I recommend this book to friends and family that participate in various endurance sports activities like cycling and working. Following macronutrient and meal-timing suggestions in this book has substantially improved my satiety, ability to control my fat, and consistency of functionality in training. It does make me question a few of the judgment of the quoted dietician though. Extremely informative nutrition for cycling within an easy to understand style Very informative nutrition for cycling within an clear to see style. a publication that suggested dangerously low levels of dietary fat) this was a breath of fresh air. He liked it. Came highly recommended.. Came strongly suggested...was purchased mainly because a present-day, but I'm only giving it a 4 because We didn't go through it myself. Five Stars Lots of good details in the book. Three Stars Very basic. Nothing fresh. Five Stars Well written, very insightful for a weekend warrior. There exists a little woo (promoting organic foods for better nutrition, which is not supported by evidence), but it's easy plenty of to ignore.



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