

Performance Nutrition



Kevin Currell

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It shows how nutrition can be used to decrease the threat of injury and illness for athletes, maximize strength gains in the gym, adapt efficiently to endurance schooling, minimize the unwanted effects of concurrent training, improve competition efficiency (whether for soccer or for the Tour de France), and lastly, lose weight securely and effectively to maximize overall performance. Starting with the end in mind, each chapter in this publication takes the reader from the technology through to the request, making the technology of sports diet accessible.



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