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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you a runner and you can t quite figure out what to eat? Are you sick of eating the same old chicken and noodles or rice? After a very tiresome exercise of working for a very long time, there is an urge from the body that you deserve a nice treat. This is what people focus on after working very hard to earn a living. Is this similar to the athletes? What about the short distance runners do they have something in common? This is what we try to explain basing on the kind of diet these athletes ought to have before running, after running and as they relax. To them running is their day to day work and require a specific type of food. Let us just focus on the general principles of running. The type of nutrients that gets depleted, and the kind of food is mostly utilized during the exercise. Like any other task, endurance is a virtue that most of the runners have learned to have. They spend most of their time training and finding better ways of coping with the kind of hardships that they encounter out there in the field. A lot of people would love to argue that it is a talent and not hard work. But the truth of the matter is that whether it is talent or hard work, one thing to remain, they all require a good diet.



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