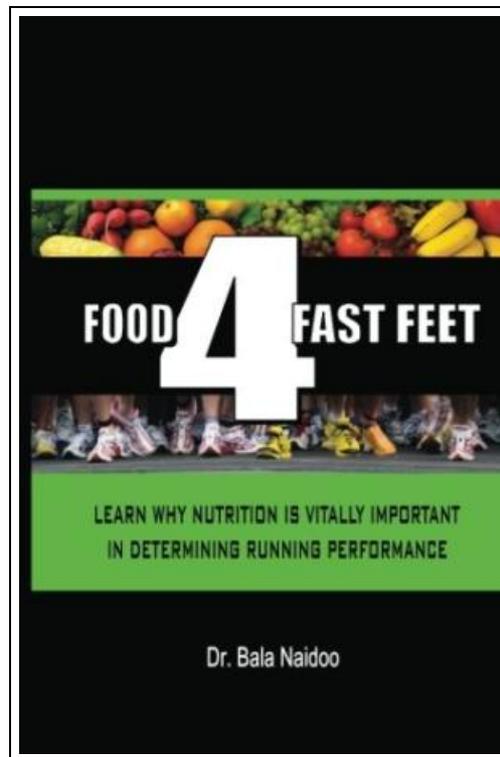


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Createspace, United States, 2011. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.A long-time runner and keen student of the art of running, Dr. Bala Naidoo has written this book on the importance of nutrition for runners of all levels. Based on many recent studies, the book informs runners of the types of nutrients needed, how much and when they should be consumed prior to a run or during and after a race. What role do carbohydrates, proteins, fats, vitamins, minerals and antioxidants play? Do you need sports drinks or is plain water good enough? What is the best time to refuel after a race? Can you over-hydrate? Answers to all these can be found in these pages. The serious, competitive runner will find tables which will enable them to calculate their nutrient needs based on their weight, the distance run and the speed. The recreational runner will find broad guidelines and advice which will benefit them, not only in terms of increased speed but also more comfortable running. Dr. Naidoo has, in addition, included information on the number of calories needed for running various distances as well as how to get them. A selection of sample breakfasts, lunches, dinners and snacks, with the corresponding nutrients and calories, round off the book. This is a book all runners should read and . re-read!.



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