



Nutrition Periodization for Athletes: Taking Traditional Sports Nutrition to the Next Level (2nd Revised edition)

By Bob Seebohar

Bull Publishing Company. Paperback. Book Condition: new. BRAND NEW, Nutrition Periodization for Athletes: Taking Traditional Sports Nutrition to the Next Level (2nd Revised edition), Bob Seebohar, This new and expanded edition is the only sports nutrition book you need. Discover the 'new school' approach - an innovative method that allows you to enlist nutrition as your ally and discover the benefits of a year-round, periodised nutrition plan. The 'old school' approach to sports nutrition - only paying attention to food the week or so before a competition - does not address the real needs of athletes. This book shows you how to gain a competitive edge by using the newest techniques that sports science and research has to offer. Depending on your sport, your nutrition goals may include losing or gaining weight, decreasing body fat and increasing lean muscle mass, reducing inflammation and free radical production, or improving blood lipids. This edition provides athletes with everything they need to understand the concept and implement it during daily training. No serious athlete can afford to overlook the research and the lessons in this book which can lead to tangible improvement in sports like these: Weight-lifting; Triathlon; Cycling; Running; Swimming; Cross-country skiing;...



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