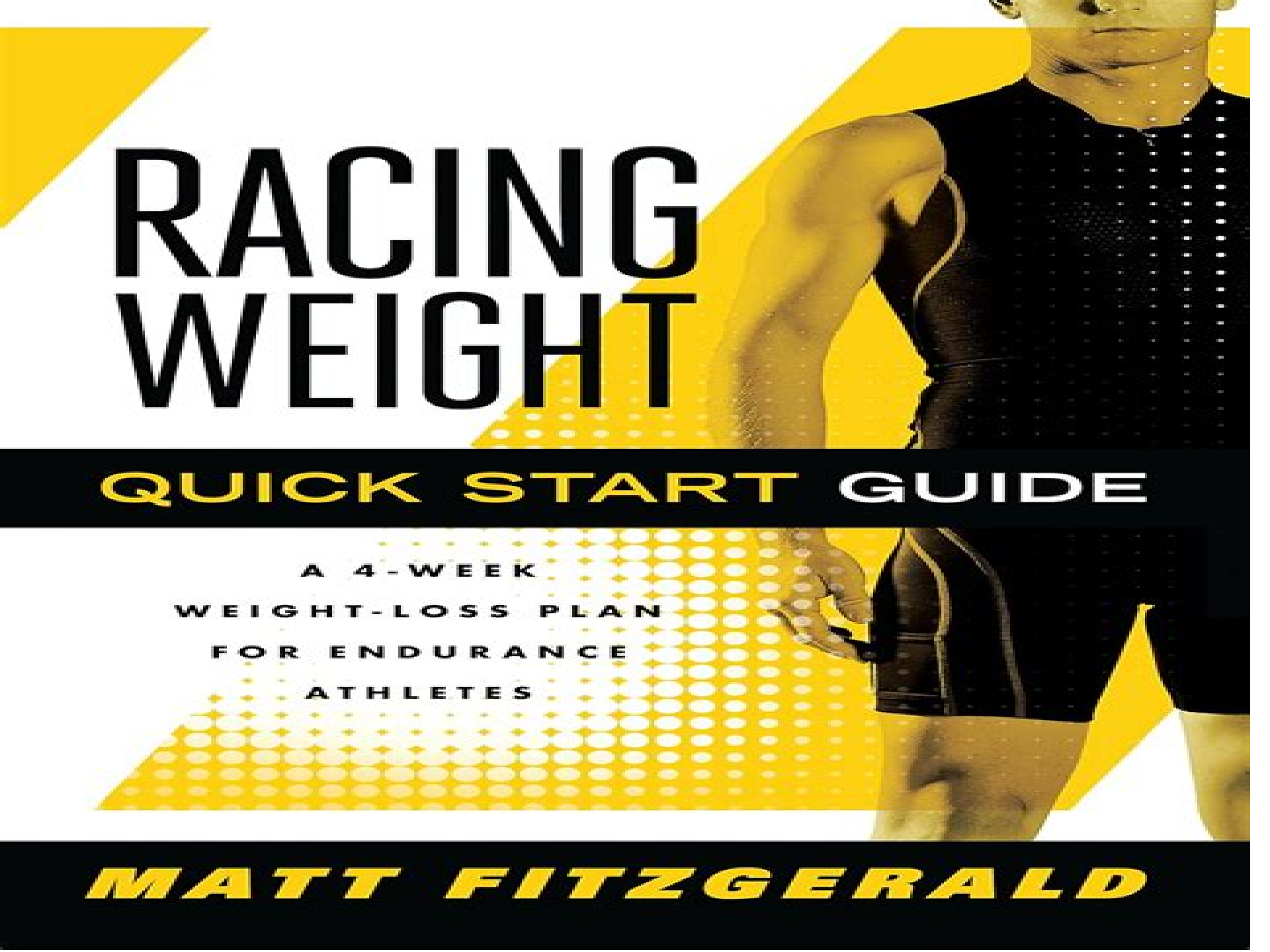


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RACING WEIGHT

QUICK START GUIDE

A 4-WEEK
WEIGHT-LOSS PLAN
FOR ENDURANCE
ATHLETES

MATT FITZGERALD

Racing Weight Quick Start Guide Training Plan

HowExpert, Christopher Covello



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Racing Weight Quick Start Guide Matt Fitzgerald, 2011-11-01 Begin losing 5 10 or 20 pounds in 4 6 or 8 weeks Matt Fitzgerald's Racing Weight Quick Start Guide applies all the principles of his best selling book Racing Weight in a detailed set of weight loss training plans You will devote 4 to 8 weeks to starting a weight loss of 5 10 or 20 pounds Lose weight quickly by following a schedule of high intensity workouts and strength training as well as a menu of calorie restricted high protein meals and snacks Low volume and high volume plans make it possible for cyclists runners and triathletes with a wide range of experience to maintain their training levels Replace fat with muscle while keeping your appetite in check Once you've hit your quick start weight loss goals you will continue dropping unwanted pounds using the proven strategies of the Racing Weight program Zero in on your racing weight through improved diet quality balanced macronutrient levels proper timing of meals and snacks appetite management and training for lean body composition The Racing Weight Quick Start Guide will accelerate your season goals so you'll be racing leaner and faster than ever before

Racing Weight Matt Fitzgerald, 2012-12-01 Racing Weight is a proven weight management program designed specifically for endurance athletes Revealing new research and drawing from the best practices of elite athletes coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists triathletes and runners lose weight without harming their training This comprehensive and science based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang ups that keep new PRs out of reach The updated Racing Weight program helps athletes Improve diet quality Manage appetite Balance energy sources Easily monitor weight and performance Time nutrition throughout the day Train to get and stay lean Racing Weight offers practical tools to make weight management easy Fitzgerald's no nonsense Diet Quality Score improves diet without counting calories Racing Weight superfoods are diet foods high in the nutrients athletes need for training Supplemental strength training workouts can accelerate changes in body composition Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite Athletes know that every extra pound wastes energy and hurts performance With Racing Weight cyclists triathletes and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale

Racing Weight Cookbook Matt Fitzgerald, Georgie Fear, 2014-01-08 Racing Weight Cookbook delivers more than 100 flavorful easy recipes for athletes that will help you hit your ideal weight without compromising your performance Whatever your training demands Racing Weight meals make it simple to dial in the right mix of carbs fat and protein and satisfy your appetite Put high quality well balanced meals on your table in as little as 15 minutes with time saving tips for food preparation and grocery shopping Discover the best foods for athletes 100 healthy recipes for any athlete from reluctant cook to cooking enthusiast Whole grains fiber and lean protein to elevate diet quality Fresh energy dense meals that help runners triathletes and cyclists train harder Nutrient rich bars and smoothies to promote fast recovery With Racing Weight Cookbook you'll take control of your diet with the proven Racing

Weight approach practiced by the world's best endurance athletes and backed by scientific research. The fastest athletes tend to be the leanest but every athlete needs to eat well to perform well. **Racing Weight Cookbook** makes it easy for you to eat and train for weight loss at the same time. **Racing Weight** Fitzgerald Matt, 2012-11-27. **Racing Weight** is a proven weight management program designed specifically for endurance athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes and runners lose weight without harming their training. This comprehensive and science-based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The updated **Racing Weight** program helps athletes: Improve diet quality, Manage appetite, Balance energy sources, Easily monitor weight and performance, Time nutrition throughout the day, Train to get and stay lean. **Racing Weight** offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. **Racing Weight** superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite. Athletes know that every extra pound wastes energy and hurts performance. With **Racing Weight**, cyclists, triathletes and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale. **Training for Obstacle Course Racing** Will Peveler, 2021-08-24. **Obstacle Course Racing** OCR pushes athletes to their limits as they race over, under and across a variety of challenges. But as popular as these races have become, there are few resources available to help OCR competitors improve their performance. **Training for Obstacle Course Racing: A Practical Guide for the Busy Athlete** provides elite-level instruction for the non-professional athlete from beginning to experienced racers. Topics covered in this book include: Selecting and maintaining equipment, Techniques for conquering specific obstacles, Developing a training plan, Strength and conditioning, Developing a sound and safe nutrition plan, Common injuries and injury prevention, Preparing for competitions. Most OCR athletes must be able to effectively balance strength and conditioning workouts, obstacle training, family work and recovery. This book is designed for just that purpose: helping athletes develop programs for their specific needs, whether training for health and wellness or winning the race. **The Road Cycling Performance Manual** Bloomsbury Publishing, 2018-06-14. Aimed at cyclists who take their riding seriously, **The Road Cycling Performance Manual** disseminates the most up-to-date training approaches based on the latest sports science thinking and the work of the elite cycling teams to help riders reach their peak level and improve their overall performance. Written by leading cycling journalist and former Masters Team Pursuit World Champion Nikalas Cook, this authoritative and insightful book provides cyclists with everything they need to know to train and perform at their highest level. Featuring the latest research and practical advice, including the importance of getting the fundamentals of bike set-up, equipment selection and nutrition correct, this expert guide will lead to dramatic improvements to training times and ride performance. Complete with

exclusive contributions from leading cyclists and team coaches from the world of cycling The Road Cycling Performance Manual will provide riders with the competitive advantage to ensure they move up the race field

The Triathlete Guide to Sprint & Olympic Triathlon Racing Chris Foster,Ryan Bolton,2020-04-07 The Triathlete Guide to Sprint and Olympic Triathlon Racing will help you discover the speed thrill and challenge of triathlon s most popular race distances Not everyone has time to train for long course triathlons By pursuing triathlon s shorter distances you can enjoy all the total body fitness benefits of the swim bike run sport and discover the unique challenges of short course racingall while enjoying a life outside of training This complete guide from former pro triathletes Chris Foster and coach Ryan Bolton shares all the know how you need to find speed and enjoy successful racing in sprint and Olympic distance triathlons Foster now the Senior Editor of Triathlete magazine shares his pro advice for how to set a smart race strategy how to master triathlon pacing how to execute fast transitions how to train to improve your weakness and race to your strengths Bolton offers smart effective sprint and Olympic triathlon training plans so you can get started right away no matter your background Sprint and Olympic triathlons are triathlon s most popular distances for good reasons Experienced triathletes returning to the short course will enjoy a break from long slow hours of training and rediscover the joy of speed Active people looking for a new challenge can jump right into triathlon s most beginner friendly distances The Triathlete Guide to Sprint and Olympic Triathlon Racing makes it simple to get back up to speed in the world s most rewarding endurance sport

Every Woman's Guide to Cycling Selene Yeager,2008-03-04 More women than ever before are jumping on their saddles to enjoy one of the fastest growing sports in the country and to improve cardiovascular fitness control their weight and liven up their social lives At the same time cycling remains very much a man s sport an intimidating world that can be difficult for women to navigate Now celebrity spokeswoman Selene Yeager covers all the basics for all ages and fitness levels Women will learn How to find the perfect bike and other essential equipment How to shift spin climb mountains and get back down Training techniques that take it up a notch What to eat off and on a bike Competition craziness race information and strategies Why guys who work in bike shops act the way they do And more

HowExpert Guide to Obstacle Course Racing HowExpert,Christopher Covello,2022-07-06 If you want to learn how to train compete and succeed in obstacle course races and mud runs then check out HowExpert Guide to Obstacle Course Racing HowExpert Guide to Obstacle Course Racing includes 101 of the best tips to prepare train compete and succeed in obstacle course races and mud runs Unlike regular road races obstacle courses require a well rounded approach that includes cardio strength agility dexterity and mental fortitude to overcome the myriad of obstacles you will be faced with on the course Obstacle course racing expert Christopher Covello breaks it down with tips and techniques to help you get signed up get ready and get going on your personal obstacle course related goals that will not only assist in helping you conquer the course on race day but translate into everyday life applications as well Covello shares his personal tips for success in the OCR field along with heartfelt stories of his personal triumphs and tribulations that taught

him the advice he imparts in this book With this book you ll learn how to focus your training and create an actionable plan to implement on race day as well as what to expect what to wear what to eat and what to do when the finish line is crossed No stone is left unturned and no question is left unanswered So take the plunge into the obstacle course racing world using this as your guide and find out what adventures await you Check out HowExpert Guide to Obstacle Course Racing to learn how to train compete and succeed in obstacle course races and mud runs About the Author Christopher Covello began his obstacle course racing journey in 2015 when he needed direction and motivation to finally lose weight and get into the best shape of his life From the first Spartan Race he was hooked completing his first trifecta within the year and moving on to complete many more thereafter Due to his passion for obstacle course racing Christopher took the reins of his physical fitness mental health and diet and prioritized healthy living for improved athletic OCR performance and a healthy happy life Christopher has competed in countless OCR events including two world championships and has had his fair share of personal victories and disappointments over the past seven years He continues to run races and regularly runs lifts and rock climbs HowExpert publishes how to guides on all topics from A to Z by everyday experts *The Advanced Cyclist's Training Manual* Luke Edwardes-Evans,2013-06-30 The Advanced Cyclist s Training Manual aims to follow on from The Cyclist s Training Manual where the latter aimed to introduce the sport of cycling to the beginner audience The Advanced Cyclist s Training Manual looks to take the reader to the next level in their enjoyment of the sport There will be less emphasis on choosing your type of cycling and the basic skills and more emphasis on improving as a cyclist whether this be for competition or personal improvement As with the previous title this book will balance tried and tested practical guidance with stunning action and how to photography In addition there will be tips interviews and training logs from some of the world s best pro riders giving both insight and advice

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