

RACING WEIGHT

COLLEGE FOOTBALL

BY
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MAINTAINING THE RACE

Racing Weight Quick Start Guide The Racing Weight Series 28259

Matt Fitzgerald, Georgie Fear



Racing Weight Quick Start Guide The Racing Weight Series 28259:

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** 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 *Racing Weight Cookbook* Matt Fitzgerald, Georgie Fear, 2015-11-04 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* Matt Fitzgerald, 2009-11-09. *Racing Weight* is the first weight loss program designed specifically for endurance athletes. Using *Racing Weight*, endurance athletes can find and attain their fastest body weight and composition without hurting their training or performance. The *Racing Weight* program offers 5 strategies based on the latest advances in the science of weight management. After finding their ideal off season and racing weights, athletes will learn how to improve their diet quality, balance their intake of carbohydrate, protein, and fat, time meals and snacks, manage appetite, and train for lean body composition. *Racing Weight* is grounded in the science of healthy nutrition and exercise physiology. Packed with findings from recent studies on weight loss and endurance sports performance, *Racing Weight* explodes myths about fat and weight gain, protein and muscle building, macronutrient ratios, calorie counting, glycemic index, and weight gain during the holidays and off season. Athletes will learn the truth about sports drinks, supplements, and recovery nutrition. The book includes daily food logs from 14 elite pro athletes and 21 healthy recipes from nutritionist Pip Taylor. **The Quick Series Guide to Basic Weight Training**, 1997. **The NSCA Quick Series Guide to Basic Weight Training** National Strength & Conditioning Association (U.S.), 1998-06-01.

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