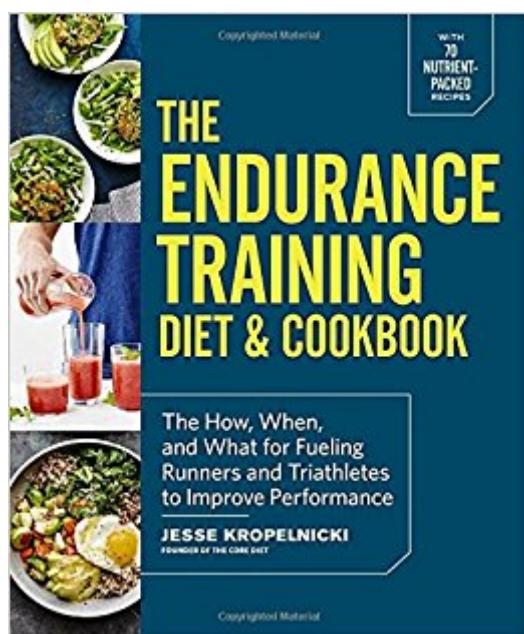


The book was found

The Endurance Training Diet & Cookbook: The How, When, And What For Fueling Runners And Triathletes To Improve Performance



Synopsis

Reach your peak performance with the best training and fueling plan. Achieve your goals in endurance racing with the detailed training advice and perfectly tailored recipes in this new must-have manual and cookbook. Fueling your body is just as important as training it, but different phases of training and racing require different combinations of nutrients. Written by one of the world's leading triathlon coaches, The Endurance Training Diet & Cookbook includes in-depth advice to boost your performance and seventy recipes that will help you reach your personal best. Inside, you'll find: the best nutrition information to support your body when exercising at intense levels whether you're a distance runner, cyclist, or triathlone; guidelines for fueling during preworkout, postworkout, and recovery windows; a game plan for what to eat and drink during workouts and on race day; delicious, nutrient-rich recipes made with fresh, whole foods for every meal of the day. The Endurance Training Diet & Cookbook has everything you need to help you break through in your racing.

Book Information

Paperback: 224 pages

Publisher: Harmony; 1 edition (January 17, 2017)

Language: English

ISBN-10: 1101904607

ISBN-13: 978-1101904602

Product Dimensions: 7.6 x 0.7 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 16 customer reviews

Best Sellers Rank: #86,307 in Books (See Top 100 in Books) #77 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #127 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #179 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

Jesse's unique approach to nutrition combines an engineer's mind-set with extensive athletic experience. He has researched and organized everything the endurance athlete needs to improve his or her daily nutrition choices and habits. The result is a detailed set of principles that are effective and easy to follow. I have seen the effects on my own personal performance (18-minute IRONMAN PR of 9:27 that took first place in the men's 35 to 39

age group at IRONMAN Texas 2012) as well as with many of my athletes. Don't miss this chance to unlock your inner potential! • Patrick McCrann, 22-time IRONMAN finisher and cofounder of Endurance Nation “Fueling is one of the misunderstood aspects of training for and racing in endurance events. Knowing that you need to eat and drink to keep yourself going is not enough; it’s about a strategy for strategically eating and drinking the right amounts of the right things at the right times to optimize performance and enhance recovery. Jesse’s detail-oriented approach to fueling, which he shares in this book, will be a game-changer for runners and triathletes looking to take their performances to the next level.” • Mario Fraioli, Olympic-level marathon coach “The Endurance Training Diet & Cookbook contains a wealth of knowledge that athletes of any skill set can benefit from. It has a perfect combination of education, knowledge, tips, and easy-to-make recipes. As an elite athlete, I am always looking for healthy recipes that are simple to prepare, nutrient dense, and taste good, too. This will be a great addition to my cookbook collection.” • Linsey Corbin, IRONMAN American Record Holder, 5-time IRONMAN champion, and 5-time 70.3 champion

JESSE KROPELNICKI is a veteran professional triathlon coach and the founder of QT2 Systems brand of endurance sports preparation businesses, which includes QT2 Systems, the Core Diet, OutRival Racing, and the Run Formula. His roster of clients includes IRONMAN champions and past USAT national team athletes. He lives with his wife and their two kids in Scituate, Massachusetts.

Great information and good practical recipes.

Fabulous book love it!!

There are very few books out there - triathlon and/or running related - that go down to the point and offer such key and "golden" secrets to fueling as this one. It's not about losing weight or gaining chest, it's about performance and squeezing out of your body the fitness you've worked so hard to build.

I used this book to prepare for my 4th marathon. I was looking for an edge in my training, as my improvements in my first 3 marathons were incremental. I followed the Core Diet to a tee for the 2

months preceding my marathon and I'm happy to report that I was able to shave 5 minutes off my time and qualify for Boston. Following the fueling suggestions described in this book, I maintained my goal pace for the entire race and did not hit a wall. I will use this nutrition plan for all future races.

Everything you need to know about fueling for endurance sport. Practical protocols to reach your athletic potential while still enjoying food. Fantastic recipes too!

Great book I learned a lot from it. As a beginner this book gave me a good start to make things I could actually use. Also explained nutrition in an easy to understand way.

I followed the principles of the diet before the book was published. I lost 18 pounds in six months and haven't had any nutrition or GI problems during races. I have read the book and it is an easy read with great information.

Great information for any athlete with relation to how the body reacts to a training regimen, proper fueling before, during and after those events. Great recipes. Has become an important part of the successes I have enjoyed in my triathlons.

[Download to continue reading...](#)

The Endurance Training Diet & Cookbook: The How, When, and What for Fueling Runners and Triathletes to Improve Performance HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Strength Training For Runners : The Best Forms of Weight Training for Runners Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo

Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes,ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)