



# Racing Weight: How to Get Lean for Peak Performance (The Racing Weight Series)

*Matt Fitzgerald CISSN*

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***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.

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People live in this new day time of lifestyle always attempt to and must have the time or they will get lots of stress from both daily life and work. So , whenever we ask do people have spare time, we will say absolutely without a doubt. People is human not really a robot. Then we question again, what kind of activity do you have when the spare time coming to a person of course your answer can unlimited right. Then do you try this one, reading publications. It can be your alternative inside spending your spare time, the actual book you have read is definitely Racing Weight: How to Get Lean for Peak Performance (The Racing Weight Series).

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#### **Kerry Giles:**

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