



Sports Nutrition for Endurance Athletes

Monique Ryan

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Endurance athletes regularly push their bodies to the limits with strenuous training regimens that demand smart nutrition. This book provides sound nutritional guidelines to boost athletic performance in triathlon, cycling, swimming, distance running, cross-country skiing, mountain biking, cyclo-cross, and adventure racing. First, Monique Ryan creates an excellent all-purpose sports diet. Based on the building blocks of a balanced diet — carbohydrates, proteins, fats, as well as fluid, vitamin, and mineral requirements — the diet forms the foundation of the endurance athlete's good health. Individual chapters then offer detailed nutritional advice for athletes training and competing in specific sports. Ryan offers healthy approaches to losing body fat and building muscle and clearly explains the different nutritional needs of training, racing, and recovery. Also included in this practical, easy-to-use guide are tips on meal planning, shopping lists, sample menus, advice for vegetarians, and a review of popular ergogenic aids.

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