



Nutrition Periodization for Endurance Athletes: Taking Traditional Sports Nutrition to the Next Level

Bob Sebohar

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Exploring periodization, this book discusses strength, speed, endurance, and nutrition and thoroughly explains the role of water, supplements, carbohydrates, protein, fat, vitamins and minerals. It is intended to serve as a workbook that will help any athlete understand how nutrition can become part of their yearly, monthly, weekly and daily training to improve health and performance.

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