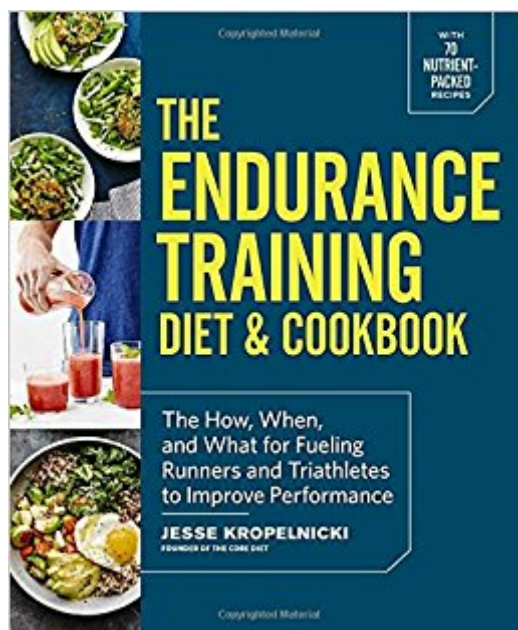




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# The Endurance Training Diet & Cookbook: The How, When, And What For Fueling Runners And Triathletes To Improve Performance



## 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 triathlete 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

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## 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 regimine, proper fueling before, during and after those events. Great recipes. Has become an important part of the successes I have enjoyed in my triathlons.

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