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Training Food

By Renee McGregor

Paperback. Book Condition: New. Not Signed; When you're in training, what you eat makes a real difference to your performance. This is the book every athlete needs to fuel their training - a practical, enjoyable, food guide that fits in with your everyday life. To help you achieve your goals, prevent injuries and keep your body working efficiently and effectively. Training Food provides everyday meal plans tailored around your sport. These include nutrient-packed breakfasts, energy-boosting lunches, recovery dinners and snacks to eat on the go. Whether you're looking for the right performance nutrition for cycling, running, triathlons or team sports, this book shows you how to achieve the results you want.* Translates the science of sports nutrition into practical eating advice* Decodes the claims of commercial sports products and gives healthy homemade alternatives* Over 100 delicious and easy to make recipes to enhance your performance. book.



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