



Endurance Sports Nutrition

-2nd edition (2007)

By Suzanne Girard Eberle, MS, RD, CSSD



A comprehensive yet easy-to-read nutrition book written just for endurance athletes by an endurance athlete!
 Suzanne Girard Eberle, a former elite athlete (4:28 mile/32:40 10K, USA T&F 5,000-meter champion and member of 3 USA teams), is a sports dietitian who practices what she teaches!

Up-to-date, practical and effective advice endurance athletes want:

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- Chapter 1:** Strengthening Your Nutrition Base
- Chapter 2:** Meeting Energy Needs of Distance Demands
- Chapter 3:** Boosting Your Strength-to-Weight Ratio
- Chapter 4:** Timing Fuel and Fluids for Optimal Results
- Chapter 5:** Using Supplements Effectively
- Chapter 6:** Solving Peak Performance Challenges
- Chapter 7:** Endurance Eating for Vegetarians
- Chapter 8:** Planning Meals for Endurance Athletes

Part II: Condition-Specific Nutrition Plans

- Chapter 9:** Shorter-Range Events
- Chapter 10:** Long-Distance Events
- Chapter 11:** Ultraendurance Events
- Chapter 12:** Multiday and Multileg Endurance Events
- Chapter 13:** Rowing and Long-Distance Swimming
- Chapter 14:** Extreme Heat
- Chapter 15:** Extreme Cold
- Chapter 16:** High Altitude

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