## A comprehensive yet easy-to-read resource written for endurance athletes by an endurance athlete!

## Suzanne Girard Eberle, a former elite athlete (4:28 mile/32:40 10K, USAT&F 5,000-meter track champion and member of 3 USA teams), is a sports dietitian who practices what she teaches!

# ***Endurance Sports Nutrition***

**-Third Edition**

**By Suzanne Girard Eberle, MS, RDN, CSSD**

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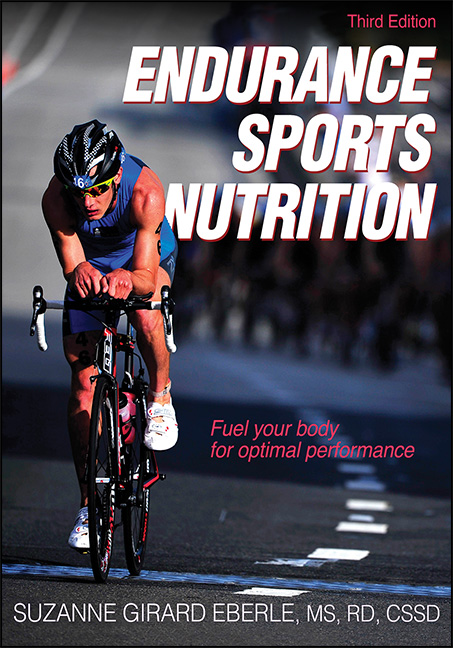
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