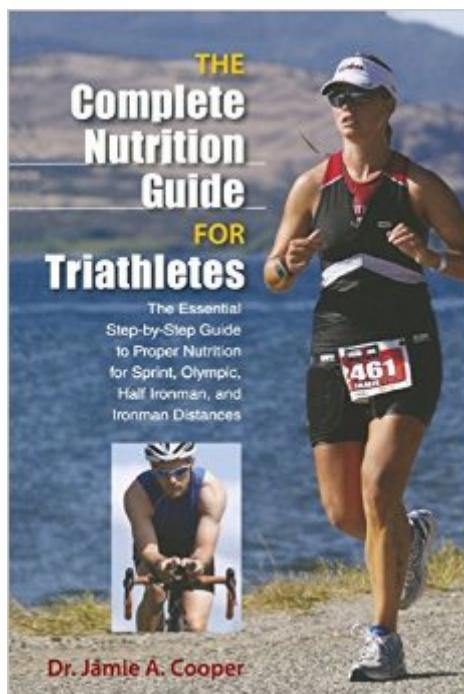


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# Complete Nutrition Guide For Triathletes: The Essential Step-By-Step Guide To Proper Nutrition For Sprint, Olympic, Half Ironman, And Ironman Distances



## Synopsis

Triathletes spend a lot of time and money making sure they have the right gear, optimizing their training plans, and selecting their races. And part of that preparation for big race days is taking care of diet to be sure the body is properly fed to maximize athletic performance. Enter The Complete Nutrition Guide for Triathletes, a thorough nutritional guidebook tailored specifically for the three-sport athlete to reach his triathlon goals and to cross the finish line with the best nutrition plan possible. Dr. Jamie A. Cooper brings to the book her expert knowledge about nutrition and exercise combined with her extensive experience as an active triathlete. The book covers each essential nutrient, offers up tailored nutritional plans for Sprint, Olympic, and Ironman races, and troubleshoots nutrition-related issues specifically concerning the triathlete.

## Book Information

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Best Sellers Rank: #198,679 in Books (See Top 100 in Books) #64 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #74 in Books > Sports & Outdoors > Water Sports > Swimming #82 in Books > Sports & Outdoors > Individual Sports > Triathlon

## Customer Reviews

I appreciate that this book gives me every bit of info (calorie amounts, type of food, reasoning behind what to eat, what to eat when sick, what to eat during racing or training) that I need to make a plan tailored to my size and exercise level. It also answered a lot of questions I had about energy drinks and salt tablets. I finally feel like I understand what I need to do as far as food goes in my triathlon training. The book also gives great tips for weight loss- realistic and specific- and how to avoid overeating.

I continually struggle with proper nutrition especially during training. Dr. Cooper outlines key information in a clear, concise and understandable style. This book has become an indispensable

resource to me.

Half way through the book and great read so far. Starts with a really good general background to the science and key facts about nutrition, then breaks her recommendations down by general healthy sports diet and race size (inc pre-race, race, and post-race nutrition plan). The reason I dropped a star is that it gets too technical with measurements and calculations. Not an issue if you're scientifically minded, but I tended to skip these parts. I prefer just to be told examples or compare sizes to something of everyday use. Saying that, there are some meal examples in the back of the book.

Dr. Cooper was one of my favorite professors in college. I trust her expertise because she has actual participated in triathlon for many years. It's difficult to trust someone who doesn't have 1st hand experience and she DOES. The book is great and I keep referencing it every time I question my nutrition. The specific meal plans are helpful as a guide to finding your own routine. Thanks Dr. Cooper!

After reading the book I finally have more or less clear understanding of nutrition components and which of them are essential in my triathlon training process. It is really nice that Jamie wrote all key points at the end of the book, it is simplifies the process of creating nutritional plan. If you are triathlete and don't know much about nutrition the book will be useful for you.

I have always been knowledgeable in nutrition but this book was a eye opener for me being a beginner triathlete. I am now well prepared for my first race nutritionally so the rest is up to my training. Great book for beginners who need some guidance for triathlete nutrition! It is not the same as your every day nutrition plan for average athletes.

Very in depth look at nutrition. More information than I needed for sure, but I would recommend this book for anyone doing a tri.

I am new to endurance sports(any sport for that matter) so this is essential for me. Great examples and clear advice

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