



Racing Weight Quick Start Guide: A 4-Week Weight-Loss Plan for Endurance Athletes (The Racing Weight Series)

Matt Fitzgerald CISSN

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If you're like most endurance athletes, you're concerned about your weight. You know that every extra pound slows you down.

Matt Fitzgerald's *Racing Weight Quick Start Guide* applies all the principles of his best-selling book *Racing Weight* in a detailed set of weight-loss training plans. You will devote 4 to 8 weeks to starting a weight loss of 5, 10, or 20+ pounds.

Lose weight quickly by following a schedule of high-intensity workouts and strength training as well as a menu of calorie-restricted, high-protein meals and snacks. Low-volume and high-volume plans make it possible for cyclists, runners, and triathletes with a wide range of experience to maintain their training levels. Replace fat with muscle while keeping your appetite in check.

Once you've hit your quick start weight-loss goals, you will continue dropping unwanted pounds using the proven strategies of the *Racing Weight* program. Zero in on your racing weight through improved diet quality, balanced macronutrient levels, proper timing of meals and snacks, appetite management, and training for lean body composition.

The *Racing Weight Quick Start Guide* will accelerate your season goals so you'll be racing leaner and faster than ever before.

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From reader reviews:

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This Racing Weight Quick Start Guide: A 4-Week Weight-Loss Plan for Endurance Athletes (The Racing Weight Series) book is just not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book will be information inside this e-book incredible fresh, you will get info which is getting deeper a person read a lot of information you will get. This particular Racing Weight Quick Start Guide: A 4-Week Weight-Loss Plan for Endurance Athletes (The Racing Weight Series) without we understand teach the one who reading through it become critical in pondering and analyzing. Don't end up being worry Racing Weight Quick Start Guide: A 4-Week Weight-Loss Plan for Endurance Athletes (The Racing Weight Series) can bring once you are and not make your tote space or bookshelves' come to be full because you can have it in your lovely laptop even telephone. This Racing Weight Quick Start Guide: A 4-Week Weight-Loss Plan for Endurance Athletes (The Racing Weight Series) having excellent arrangement in word and layout, so you will not feel uninterested in reading.

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Andre Smith:

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