



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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