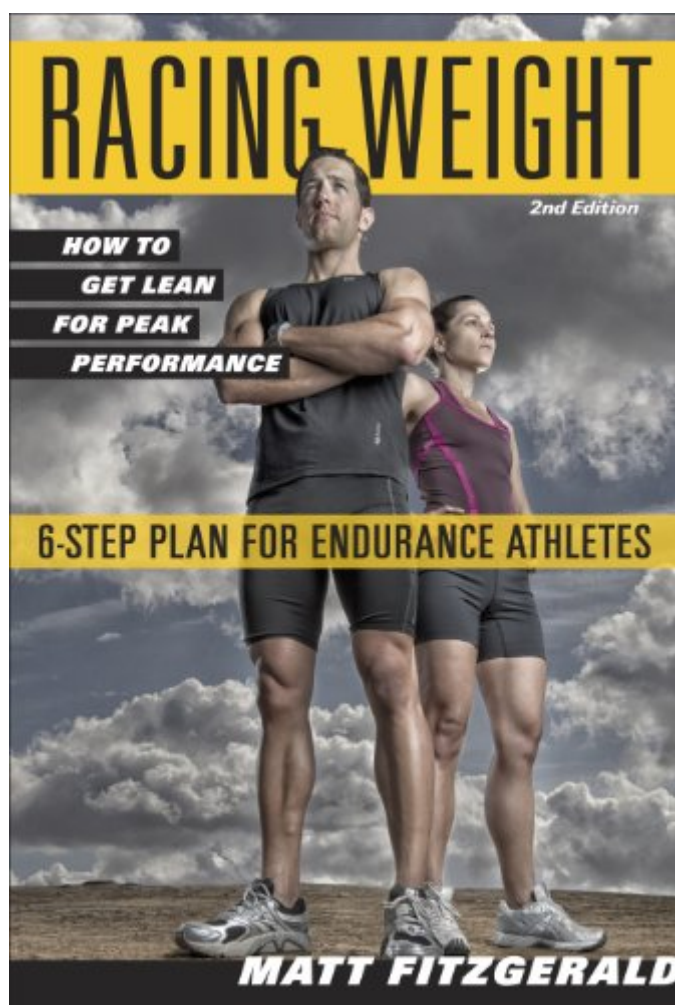


The book was found

Racing Weight: How To Get Lean For Peak Performance (The Racing Weight Series)



Synopsis

Racing Weight is a proven weight-management program designed specifically for endurance athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training. This comprehensive and science-based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The updated Racing Weight program helps athletes:

- Improve diet quality
- Manage appetite
- Balance energy sources
- Easily monitor weight and performance
- Time nutrition throughout the day
- Train to get lean and stay lean

Racing Weight offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. Racing Weight superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite. Athletes know that every extra pound wastes energy and hurts performance. With Racing Weight, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale.

Book Information

File Size: 7838 KB

Print Length: 296 pages

Publisher: VeloPress; 2 edition (November 27, 2012)

Publication Date: November 27, 2012

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00C3MFR2O

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #71,815 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Triathlon #12

Customer Reviews

Great insights from Matt Fitzgerald. Recommend you also pick up his cookbook as a companion to this. I tried tracking DQS for a while and found that it did help to steer me away from potentially "unhealthy" foods, but the downfall of DQS is that it rewards overeating (e.g. two more servings of nuts today will boost my score! 400 calories later...). Overall great insights if taken with a grain of salt.

While I did appreciate a lot of the information in this book, I found one piece of very critical information missing: what an acceptable rate of weight loss is for an endurance athlete. My motivation for buying this book was that I wanted to be able to keep fueled for my training without performance loss while losing body fat. Whenever I've successfully lost weight in the past, I have felt really sluggish and had a tough time getting through my workouts. So I was hoping this book would provide the solution to that. As instructed in the book, I put a lot of work into counting calories (calories in), calculating my caloric needs (calories out) and determining my ideal weight, but these pieces of information are useless unless you know how to create a caloric deficit. This is where I really wanted guidance. How fast should I shoot to lose the weight? How many fewer calories can I consume without sacrificing performance? I know the standard line is that 2 lbs. per week is safe, but is that ideal? The book doesn't address any of these questions. I feel that it left me hanging right at the point when I almost had my answer.

Age group competitive marathoner here. The book is meant as a complement to calorie tracking, with tips on what healthy foods to eat and some pointers to how many carbs are needed in an athlete's diet which is helpful. It's more of a Daniel's formula (building blocks) than Pfitzinger approach (ready to use plans), to put it in runner's terms. It's useful for people who haven't been paying attention to their eating habits and nutrition, probably even eye-opening to the "if the furnace is hot enough..." people, but not a lot of new things to learn for those who are not new to healthy eating. The DQS App and methodology don't add much, you could go on a "nuts and wine" diet and congratulate yourself with great daily DQS scores.

No real groundbreaking information here, but I did glean some useful info. Don't be afraid to fuel

your workouts well. The better the fuel, the better the workout, the more calories you burn. Common sense nutrition advice and a rational method of keeping track of it. Worth a read.

This book really helped me organize my eating and training and the results have been good. "performance based decisions" is the key phrase. I used to measure my weight only at the lightest point of the day - now I measure my weight in kit with bike in hand before I ride (not directly suggested in the book, but it follows logically from "performance based decision"). I pack in healthy carbs before training, lessened my training time but added intensity, and eat healthy dose of protein after training. As a result, I no longer have the same craving for junk food at night (e.g. cookies). Oddly, I haven't actually lost much weight, but put on a lot of muscle instead. I do endurance rides on the weekend and am satisfied with the results. Incidentally, I stopped using Gatorade and commercial sports drinks and energy bars, preferring to start out with 4 bottles of coconut water/ fruit jusice and lots of bananas and other healthy things - which will hold out for 200-300 kilometers. As a result bonking is replaced by a gradual decline in power.

I absolutely recommend this book to anyone who is dealing with sports despite of being a professional, a hard trainer or not. The book provides also basic information about our body, its system, what happens during sports or during rest and even while sleeping. Every information provided is supported with scientific and physical explanations so that it makes the arguments reasonable and trustable. It offers a lifestyle with healthy eating so I believe it is not a diet or anything short term like that but it is a lifestyle and a choice of living it offers, something long term to apply and sustaining results to get. This book helps to understand your body during different occasions in a day such as sleeping, eating, walking, running etc. I just finished the book and started to apply this morning, and I am very excited to see the results and increase in my running performance.

[Download to continue reading...](#)

Racing Weight: How to Get Lean for Peak Performance (The Racing Weight Series) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert Æœ Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Lean Enterprise: How High Performance Organizations Innovate at Scale (Lean (O'Reilly)) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy

Series) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Intermittent Fasting: 7 Beginner's Intermittent Fasting Methods for Women & Men - Weight loss and Build Lean Muscle Hacks (Intermittent Fasting, Fasting Methods, Build Lean Muscle Book 1) Island Peak/Mera Peak: Climbing and Trekking Map The Ascent of Denali: A Narrative of the First Complete Ascent of the Highest Peak in North America (Mount McKinley : a Narrative of the First Complete Ascent of the Highest Peak in North America) Peak (A Peak Marcello Adventure) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Carb Cycling: Unleash Your Body's Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy Lean Six Sigma: A Beginner's Guide to Understanding and Practicing Lean Six Sigma Lean Six Sigma For Beginners, A Quick-Start Beginner's Guide To Lean Six Sigma ! - Creating a Lean Culture: Tools to Sustain Lean Conversions, Third Edition Lean QuickStart Guide: A Simplified Beginner's Guide To Lean Going Lean: How the Best Companies Apply Lean Manufacturing Principles

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)