



Bicycling Magazine's Nutrition for Peak Performance: Eat and Drink for Maximum Energy on the Road and Off (Bike Trade)

Ed Pavelka, Ben Hewitt

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Nutrition ranks as one of the most asked-about topics by *Bicycling* magazine readers. Now, the magazine's top experts show you how to eat strategically before, during, and after your ride to keep you at your physical peak.

Discover how to:

- Beat the bonk.
- Determine if you need supplements.
- Choose the right amount of carbs, fat, and protein for you.
- Follow five different diets for five different rides.
- Determine if sports drinks are worthwhile.
- Avoid the top five worst foods for cycling.
- Control your weight effectively--without losing energy.

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Thomas Paris:

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Meredith Bailey:

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Roland Collins:

This book untitled Bicycling Magazine's Nutrition for Peak Performance: Eat and Drink for Maximum Energy on the Road and Off (Bike Trade) to be one of several books this best seller in this year, honestly, that is because when you read this guide you can get a lot of benefit upon it. You will easily to buy this book in the book retail store or you can order it via online. The publisher in this book sells the e-book too. It makes you more easily to read this book, because you can read this book in your Cell phone. So there is no reason to you to past this reserve from your list.

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