



# Endurance Sports Nutrition

*Rd Suzanne Girard Eberle Ms*

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## **Endurance Sports Nutrition** Rd Suzanne Girard Eberle Ms

Endurance Sports Nutrition will guide you in selecting the optimal foods, drinks, and supplements so you can train longer, recover more quickly, avoid injuries, and achieve your performance goals in any endurance endeavor. Sports dietitian and former elite runner Suzanne Girard Eberle presents a fueling program that addresses the unique concerns of endurance athletes: • Road and trail running, from 5K to 100+ miles • Cycling and mountain biking, from time trials to multiday rides • Duathlon and triathlon, from sprint to Ironman • Winter sports, from Nordic ski races to mountain ascents. 286 pages

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