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***RACING WEIGHT AND QUICK
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Racing Weight Quick Start
Guide. A 4-Week Weight-Loss
Plan for Endurance Athletes.
2011. You can't maximize fat***

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loss and fitness gains at the same time. As an endurance athlete, the best time to maximize fat loss is before the start of serious training for a big race. This book will guide you step by step through this critical “quick

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***start” phase of the overall
training process.***

***Dave MacLeod blog: Review:
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guide***

***Active Expert Matt Fitzgerald
is the author of Iron War:***

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***Dave Scott, Mark Allen & The
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(VeloPress 2011), RUN: The
Mind-Body Method of Running
by Feel, Racing Weight,
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Racing Weight, 2nd Ed. by

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***Matt Fitzgerald - VeloPress
As I read the Quick Start
Guide I found much of it to be
very similar to the Racing
Weight: How To Get Lean for
Peak Performance. That is not
to say that it is a bad book,
but for being a quick start it***

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***was still crammed with
information.***

***Racing Weight Quick Start
Guide: A 4-Week Weight-Loss
Plan ...***

***If you're like most endurance
athletes, you're concerned***

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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-los...

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***Google Sites: Sign-in
A 6-Step Plan to a Leaner
Body and Better Performance.
Racing Weight offers a proven
weight management program
exclusively designed for and
endorsed by endurance***

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athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to get you lean for racing.

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***Racing Weight Quick Start
Guide by Matt Fitzgerald
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.***

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***You will devote 4 to 8 weeks
to starting a weight loss of 5,
10, or 20+ pounds.***

***Racing Weight Quick Start
Guide: A 4-Week Weight Loss
Plan ...***

" Racing Weight Quick Start

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Guide offers a fast, safe, and thoughtful way to lose weight and still maintain your base level of fitness. " -- Tri Juice "I highly recommend reading Racing Weight even if you don't need to lose any excess poundage. You'll come away

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***with a better understanding
of your physiology and also of
food."***

***Racing Weight Quick Start
Guide on Apple Books
Here I discuss Racing Weight:
How to Get Lean For Peak***

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***Performance and the
companion Racing Weight
Quick Start Guide by Matt
Fitzgerald, certified
professional sports
nutritionist and coach.***

Racing Weight Quick Start

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***Guide: A 4-Week Weight-Loss
Plan ...***

***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***

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***devote 4 to 8 weeks to
starting a weight loss of 5,
10, or 20+ pounds.***

***Racing Weight Books
'Quick Start' actually refers to
his ideas for weight loss at
the start of a training cycle***

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for endurance athletes. The whole premise of Racing Weight was that endurance athletes who dieted hard to get to their fighting weight would end up offsetting gains by the consequent loss of training intensity.

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Plan ...***

***Active Expert Matt Fitzgerald
is the author of Iron War:***

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***Dave Scott, Mark Allen & The
Greatest Race Ever Run
(VeloPress 2011), RUN: The
Mind-Body Method of Running
by Feel, Racing Weight,
Racing Weight Quick Start
Guide, Racing Weight the
second edition, and The New***

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***Rules of Marathon and Half-
Marathon Nutrition.***

***Racing Weight Quick Start
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***Matt Fitzgerald's Racing
Weight Quick Start Guide***

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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.

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Racing Weight

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,

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coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training.

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