



# Endurance Sports Nutrition, 3E

*Suzanne Girard Eberle*

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## **Endurance Sports Nutrition, 3E** Suzanne Girard Eberle

Packed with plans for short, long, ultraendurance, and multiday events, Endurance Sports Nutrition, Third Edition, focuses on the nutrition needs of endurance athletes, including runners, cyclists, open-water swimmers, and triathletes. Included are strategies that top endurance athletes have used to reach the pinnacle of success in their sports.

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