



## Sports Nutrition for Endurance Athletes, 3rd Ed.

By Monique Ryan

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### Sports Nutrition for Endurance Athletes, 3rd Ed. By Monique Ryan

*Sports Nutrition for Endurance Athletes* makes high-performance nutrition simple for running, cycling, triathlon, and swimming. Weighing in at 432 pages, this newly updated third edition is the most comprehensive resource on nutrition from the most experienced and highly qualified nutritionist in endurance sports.

Ryan offers clear answers to the most fundamental questions in endurance sports nutrition--what should I eat, how much, and when--based on the latest research and experience from her 30-year career advising elite and age-group athletes and pro sports teams. She offers fine-tuning strategies for training and racing, optimal recovery, weight loss, and boosting strength-to-weight ratio. Citing rigorous and reputable studies, Ryan busts myths about ergogenic aids and supplements and offers a dose of reality to practices like fat loading and glycogen-depleted workouts.

Since endurance sports are too different for a "one size fits all" food plan, *Sports Nutrition for Endurance Athletes* reveals how runners, cyclists, triathletes, and swimmers should fuel differently to gain real performance advantages in their sports. Even within each sport, optimal nutrition varies with the type and duration of events, so Ryan explains nutrition for short- and long-course triathlon; road, criterium, and mountain bike racing; 10K, half-marathon, and marathon; and sprint and distance swimming.

This complete guide addresses a wide variety of special nutrition considerations for younger and older athletes, diabetics, vegetarians, pregnant women, and those with celiac disease or gluten intolerance. *Sports Nutrition for Endurance Athletes* also offers six appendixes of reference material including glycemic index, a vitamin and mineral glossary, an up-to-date comparison of sports nutrition products, and sample menus.

Smart nutrition can make the difference between a personal record and a lackluster season. Committed athletes and newcomers to endurance sports will both find *Sports Nutrition for Endurance Athletes* to be a comprehensive, easy-to-use guide to better performance in running, cycling, triathlon, and swimming.

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## Editorial Review

### Review

"Working with Monique has taken me to the winning edge in my sport. She has helped guide me to become an Olympian and World Champion in the sport of cycling. Whether you are going for the gold or have other ambitions, we are all up against highly trained and motivated athletes, including ourselves. To find that competitive edge, take the next step by adding the nutritional component to your daily training regime. A great place to start is by reading Monique's book." -- **Kristin Armstrong, 2006 World Time Trial Champion, Two-Time U.S. National Time Trial Champion, Former U.S. National Road Race Champion**

"Monique Ryan's *Sports Nutrition for Endurance Athletes* is a must read whatever your competitive goals may be. Monique's vast knowledge is evident, and this book will serve as a complete source for all your nutritional inquiries. From making optimal food and fluid choices, meal planning and timing, to event specific needs, this book has it all." -- **Alan Culpepper, Two-Time U.S. Olympic Runner, Three-Time U.S. Cross Country Champion, Two-Time U.S. 10K Champion**

"I have always believed that the top Ironman athletes train very similarly, and that winning or losing comes down to nutrition and mental toughness. I know I would not have won two Ironman World Championships without focusing on my nutrition every day. Monique does a fantastic job covering everything you need to know about daily and racing nutrition. *Sports Nutrition for Endurance Athletes* sets the standard for getting you fueled to the finish line." -- **Tim DeBoom, Two-Time Ironman World Champion**

"*Sports Nutrition for Endurance Athletes* is a comprehensive nutritional guide. Monique Ryan provides valuable information that helps athletes maintain their energy levels and maximize their ability to perform in endurance events." -- **Dede Demet Barry, 2004 Olympic Time Trial Silver Medalist, Former U.S. National Criterium and Road Race Champion**

### From the Back Cover

Whatever your question on fueling for your sport, "Sports Nutrition for Endurance Athletes" has the answer. What should I eat to perform my best? Which foods help me recover fastest? Are supplements safe? Can I lose weight and still have the energy I need to train? How do I fit food preparation into my training plan?

In this new edition of her best-selling guide, internationally recognized sports nutritionist Monique Ryan interprets and explains the latest cutting-edge research on essential topics for endurance athletes such as mastering the art of carbo-loading, fueling for workouts, savvy race preparation, effective recovery, smart weight loss, and safe supplements.

Endurance sports are too different for a "one size fits all" food plan, so Ryan reveals nutrition specifics for runners, cyclists, triathletes, and swimmers that bring real performance advantages to athletes in those sports. Her guidelines also address special dietary considerations such as celiac disease, diabetes, and pregnancy.

Smart nutrition can make the difference between a personal record and a lackluster season. Whether you are a committed athlete looking for an edge or a newcomer with basic questions about hydration, fueling, and

race-day tactics, this comprehensive guide is your must-have resource for healthier, smarter, faster performance.

Monique Ryan, MS, RD, CSSD, LDN, is a seasoned and trusted sports nutritionist with nearly 30 years of professional experience helping elite and age-group endurance athletes and major league sports teams to optimize their nutrition. She is also the founder of Personal Nutrition Designs, based in the Chicago area.

"Ryan demystifies the dietary cosmos, offering easy ways to eat for optimum performance." -- "Triathlete" magazine

#### About the Author

**Monique Ryan, MS, RD, LDN, CSSD** is an internationally recognized sports nutritionist with nearly 30 years of professional experience helping elite and age-group endurance athletes and professional, major-league sports teams to optimize their nutrition. She is founder of Chicago-based Personal Nutrition Designs and the best-selling author of *Sports Nutrition for Endurance Athletes*, *Performance Nutrition for Winter Sports*, *Performance Nutrition for Team Sports*, and *Complete Guide to Sports Nutrition*. Ryan has worked with USA Triathlon, USA Cycling, Synchro Swimming USA, the Timex Multisport Team, Chicago Fire MLS Soccer Team, and four professional cycling teams. She is a trusted source for nutrition stories in *New York Times*, *Chicago Tribune*, *Runner's World*, *Fitness*, *Men's Journal*, *Men's Health*, *Outside*, and *Oxygen*.

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