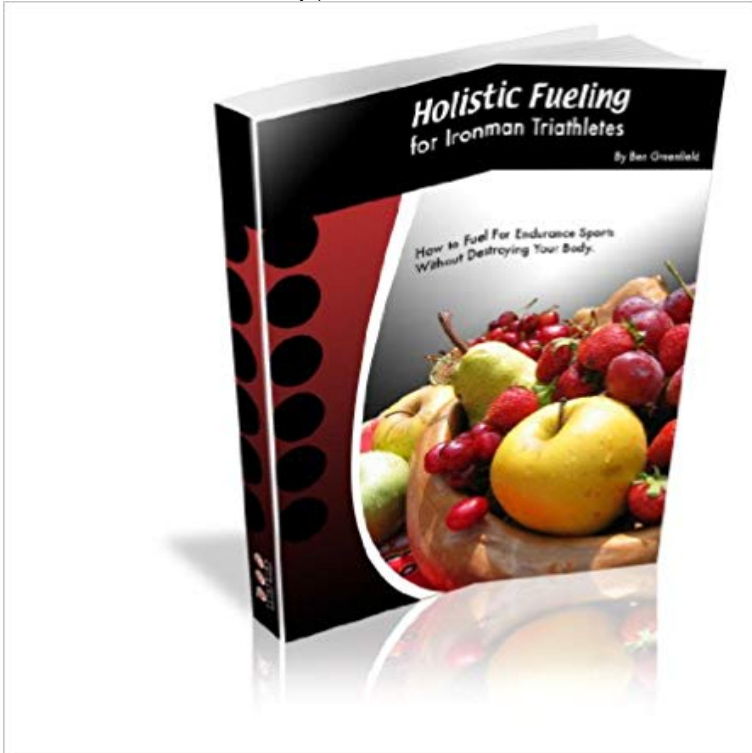


Holistic Fueling For Ironman Triathletes



Holistic Fueling For Ironman Triathletes From Ben Greenfield Fitness To become an expert on what this book is all about, simply take a few minutes to read the following...Congratulations. Youve finally found the ultimate solution to fueling your body with the thousands of calories necessary for Ironman triathlon and ultra-endurance sports - without doing lasting damage to your vital organs, brain cells, skin and immune system! Designed by nationally renowned author, exercise physiologist, sports nutritionist, and triathlon coach Ben Greenfield, this comprehensive daily nutrition plan for Ironman goes far beyond simple meal suggestions. Instead, youll receive an exact weekly plan for base training, building to a race, carb loading, race day fueling, and even off-season and recovery weeks. With the life of a busy Ironman triathlete in mind, the meal plan includes minimal meal preparation times and food choices that are easily accessible at commercial grocery stores. In addition, nutritional supplements and ergogenic aids for each period of the training year are included, complete with discount codes and dosage suggestions. Most importantly, this plan is designed with your health in mind. You now have the ultimate solution to consuming thousands of calories without destroying your body. Secrets revealed inside this book include:-The Three Crucial Concepts that are vital to understanding why you may be destroying your body with traditional Ironman fueling...-Over 100 pages of step-by-step instructions for shopping, preparing and designing your meals...-A comprehensive Frequently Asked Questions section that reveals the holistic nutrition answers Ben receives on a daily basis from coached Ironman triathletes-A plan for Base Training, Build Training, Rest Days, Rest Weeks, Race Tapering, Race Week and Race Day!-Ben Greenfields exact 2007 and 2008 Ironman

World Championships race fueling strategy-Proprietary discount codes of up to 40% on Ben Greenfields personal selection of over 15 cutting-edge performance, health, and recovery nutritional supplements...-And much, much more...

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