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RACING WEIGHT: HOW TO GET LEAN FOR PEAK PERFORMANCE (2ND REVISED EDITION)



VeloPress. Paperback. Book Condition: new. BRAND NEW, Racing Weight: How to Get Lean for Peak Performance (2nd Revised edition), Matt Fitzgerald, "Racing Weight" is a proven weight-management programme designed specifically for endurance athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training. This comprehensive and science-based programme shows athletes the best ways to lose weight...

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- Authored by Matt Fitzgerald
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