

Fuel Smart for Race Day: The Ultimate Guide to Race Day Nutrition

Discover the secrets to optimizing your race day nutrition and ac

Proper nutrition is essential for any athlete, but it is especial

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- Running Fuel: Healthy choices for optimal race day performance
- Refueling for Race Day: Understanding the importance of proper nutrition
- Race Nutrition Simplified: Guide to power through your marathon
- Fueling Smart on Race Day: Key tips for a successful run



FuelSmart for Race Day: 3-day Carbo-load Guide for Runners, Triathletes & Cyclists by Kate Percy

★★★★★ 5 out of 5

Language	: English
File size	: 7825 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 88 pages
Lending	: Enabled

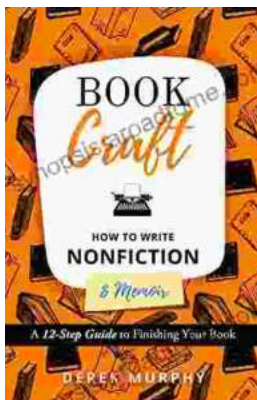
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