

Unleash Your Swimming Potential with Expert Nutrition: Eat Right, Swim Faster



Eat Right, Swim Faster: Nutrition for Maximum

Performance by Abby Knox

★★★★☆ 4.6 out of 5

Language : English

File size : 1757 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

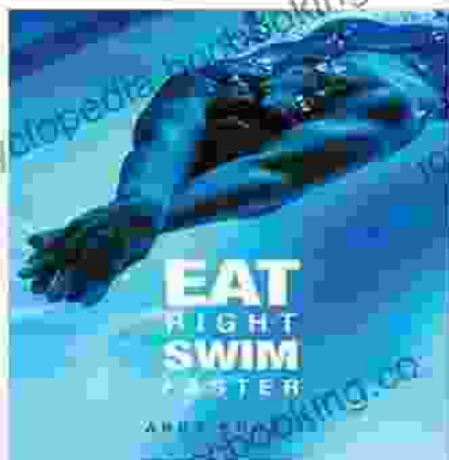
Print length : 142 pages

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Description

Eat Right, Swim Faster is the ultimate nutrition resource for competitive swimmers of all ages. It is a clearly written book of highly practical and very accessible information for swimmers interested in what food can do for them in their pursuit of maximum performance in the water.

Rather than forcing that reader's nose through a tangle of highly technical (sports) science, Eat Right, Swim Faster provides an abundance of sound, practical advice, in a straightforward, non-academic tone.

Eat Right, Swim Faster draws on the very latest sports nutrition research as well as the very personal experience of the author—a registered dietitian, sports nutritionist, swim coach, athlete, and mother of three competitive swimmers. Readers can therefore be confident they're receiving the smartest, most up-to-date information on the foods and drinks that will serve them and their swimming performance best...

Discover the Transformative Power of Nutrition for Swimmers

As a swimmer, you know that every stroke, every push, and every breath count. Your body is your instrument, and what you feed it plays a crucial role in your performance. 'Eat Right, Swim Faster' is the ultimate nutrition guide designed specifically for swimmers of all levels, providing you with the knowledge and tools to fuel your body for optimal results in the pool.

Written by a team of registered dietitians and former elite swimmers, 'Eat Right, Swim Faster' is packed with cutting-edge research and practical advice. This comprehensive resource covers everything you need to know about:

- The essential nutrients for swimmers and their sources
- Meal planning strategies for different training intensities
- Hydration and electrolyte balance
- Pre- and post-workout nutrition
- Weight management and body composition
- Supplements and ergogenic aids

Fueling Your Body for Optimal Performance

In 'Eat Right, Swim Faster', you'll learn how to tailor your nutrition plan to your individual needs, based on your training schedule, goals, and body type. With easy-to-follow meal plans, sample recipes, and expert tips, you'll discover how to:

- Increase your energy levels for longer and more intense workouts
- Build lean muscle mass for improved strength and power
- Speed up recovery time between workouts
- Enhance your immune system to reduce illness and injury
- Maximize your performance on race day

Unlock Your Full Potential

Whether you're a competitive swimmer looking to shave seconds off your time or a recreational swimmer seeking to improve your endurance and overall health, 'Eat Right, Swim Faster' has something for you. With this expert guide, you'll gain the knowledge and confidence to make informed nutrition choices that will fuel your swimming success. Unlock your full potential and experience the transformative power of nutrition today!

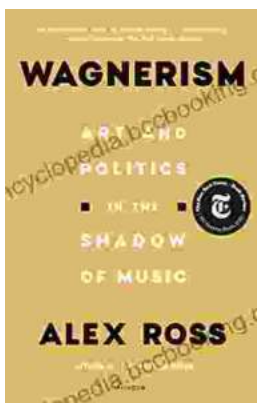
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