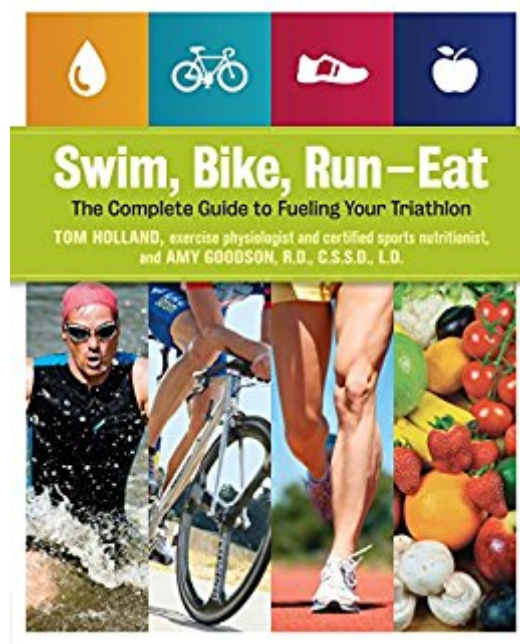


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# Swim, Bike, Run--Eat: The Complete Guide To Fueling Your Triathlon



## Synopsis

It's race day and you have your quick-closure running shoes, sleek suits, bikes, goggles, and watches, but if you haven't been training with the proper nutrition, you'll be left in the dust in the third mile. Enter *Swim, Bike, Run*—a "Eat to guide you through day one of training to the finish line and help your body perform at the peak of fitness. In this book, an ideal companion to author Tom Holland's *The 12-Week Triathlete*, he will join sports dietitian Amy Goodson covering race-day essentials, food choices to complement your training regimen, as well as recovery nutrition. Learn how to determine what to eat; what to drink; how many calories to consume each day; whether or not to carry snacks while training; the difference between taking in calories from solid foods, semi-solids, and liquids; and whether or not to take electrolyte or salt tablets. Casual and core triathletes alike require a nutrition guide that is easy to understand with expert advice that is easy to implement. Look no further and get ready to take your triathlon to a new, healthier level.

## Book Information

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## Customer Reviews

It's a very good book with practical methods on nutrition preparation for Ironman (IM) endurance races. He discusses the methods on fueling and hydration that have best served him on IM races. I

really appreciate his candor on how he almost messed up on his nutrition for his first race and how pros really helped him. His advice on "never try anything brand new before a race" is a very true statement. I like the plans for the specific races. His advice on the various diets Paleo, Vegan, Flexitarian is very good.

I love this book! I've read many books about nutrition during triathlons and I think this one is, by far, the best. The book explains things and breaks down complicated ideas into easily understandable components. This is now my go-to book for anything having to do with endurance nutrition.

I head up an endurance program where over 6000 athletes including more than 500 triathletes have come to rely on Tom's great training advice to help them have a great race day. The upbeat, easy-to-follow, practical information from his marathon and triathlon training books is also present in this triathlon nutrition book. Triathletes know that nutrition can make or break not only training, but race day. Tom breaks it all down and empowers the reader with great information that is critical to success. Our 200 IRONMAN team was especially thrilled to take in Tom's information early in their training so that they could perform at optimum levels. In short, we all LOVE this book and can't recommend it enough as an important piece of the training process. ~ Alicia O'Neill, Director, MMRF Endurance Events Program

I think this is a perfect first book for anyone getting into triathlon. So much more than basic nutrition. Actually getting the nutrition during a longer triathlon, experimenting with foods and techniques, and learning from experience is all discussed here. Easy to read and enjoyable. The author does not judge your food choices either. He simply explains what's required to work with each choice (Paleo, vegan, etc.) in very common sense terms.

Great book! I initially borrowed this from my public library but liked it so much that I bought it. Easy to read. I liked the scientific basis for the author's reasoning. It helped me with my first sprint triathlon through my Ironman. I can't recommend this book enough.

I bought this after reading the sample and was under the impression that this would also have vegan options in the recipes. Well there are no vegan recipes. Smoothie recipes that I can make vegan but that's about it. I really wished you had not been misleading about the vegan part.

Tom does an Excellent job of covering all of the different aspects of Triathlon Training. Swim, Bike, Run- Eat is by far the best comprehension coverage of the event of Triathlon. Tom puts the book into such an easy way to understand what the key points are in regards to Eating and Nutrition. Tom also does a great job of differentiating between Myth and Fact as well as provide hard core facts on nutrition. This is a MUST have book for anyone that is a beginner triathlete or a seasoned veteran. Thanks Tom for your seasoned and professionally written book.

I really liked this book-- I've been struggling with proper nutrition and this book really helped. It's well written, and gives the tips you need. It also has some really good menus and recipes. It also is adaptable for the sprint, olympic, or ironman triathlete by providing common sense and scientifically supported information without being too technical.

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