

COPY FOR SPORTS NUTRITION FOR ENDURANCE ATHLETES, 3RD ED.

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Sports Nutrition for Endurance Athletes makes high-performance nutrition simple for running, cycling, triathlon, and swimming. Weighing in at 432 pages, this newly updated third edition is the most comprehensive resource on nutrition from the most experienced and highly qualified nutritionist in endurance sports.

Ryan offers clear answers to the most basic questions in endurance sports nutrition—what should I eat, how much, and when—based on the latest research and experience from her 30-year career advising elite and age-group athletes and pro sports teams. She offers fine-tuning strategies for training and racing, optimal recovery, weight loss, and boosting strength-to-weight ratio. Citing rigorous and reputable studies, Ryan busts myths about ergogenic aids and supplements and offers a dose of reality to practices like fat loading and glycogen-depleted workouts.

Since endurance sports are too different for a “one size fits all” food plan, *Sports Nutrition for Endurance Athletes* reveals how runners, cyclists, triathletes, and swimmers should fuel differently to gain real performance advantages in their sports. Even within each sport, optimal nutrition varies with the type and duration of events, so Ryan explains nutrition for short- and long-course triathlon; road, criterium, and mountain bike racing; 10K, half-marathon, and marathon; and sprint and distance swimming.

This complete guide addresses a wide variety of special nutrition considerations for younger and older athletes, diabetics, vegetarians, pregnant women, and those with celiac disease or gluten intolerance. *Sports Nutrition for Endurance Athletes* also offers six appendixes of reference material including glycemic index, vitamin and mineral glossary, an up-to-date comparison of sports nutrition products, and sample menus.

Smart nutrition can make the difference between a personal record and a lackluster season. Committed athletes and newcomers to endurance sports will both find *Sports Nutrition for Endurance Athletes* to be a comprehensive, easy-to-use guide to better performance in running, cycling, triathlon, and swimming.

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SPORTS NUTRITION FOR ENDURANCE ATHLETES

3rd Edition

Monique Ryan

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Sports/Nutrition

Whatever your question on fueling for your sport, *Sports Nutrition for Endurance Athletes* has the answer.

- *What should I eat to perform my best?*
- *Which foods help me recover fastest?*
- *Are supplements safe?*
- *Can I lose weight and still have the energy I need to train?*

- *How do I fit food preparation into my training plan?*

In this new edition of her best-selling guide, internationally recognized sports nutritionist Monique Ryan interprets and explains the latest cutting-edge research on essential topics for endurance athletes such as mastering the art of carbo-loading, fueling for workouts, savvy race preparation, effective recovery, smart weight loss, and safe supplements.

Endurance sports are too different for a “one size fits all” food plan, so Ryan reveals nutrition specifics for runners, cyclists, triathletes, and swimmers that bring real performance advantages to athletes in those sports. Her guidelines also address special dietary considerations such as celiac disease, diabetes, and pregnancy.

Smart nutrition can make the difference between a personal record and a lackluster season. Whether you are a committed athlete looking for an edge or a newcomer with basic questions about hydration, fueling, and race-day tactics, this comprehensive guide is your must-have resource for healthier, smarter, faster performance.

Monique Ryan, MS, RD, CSSD, LDN, is a seasoned and trusted sports nutritionist with nearly 30 years of professional experience helping elite and age-group endurance athletes and major league sports teams to optimize their nutrition. She is also the founder of Personal Nutrition Designs, based in the Chicago area.

“Ryan demystifies the dietary cosmos, offering easy ways to eat for optimum performance.”
—*Triathlete* magazine

\$21.95

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www.velopress.com

ISBN 978-1-934030-82-0

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About the Author

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SALES HANDLE

This comprehensive, easy-to-use guide demystifies sports nutrition for America's 60 million endurance athletes.

DESCRIPTION

For endurance athletes committed to better performance, smart nutrition can make the difference between a new personal best or bonking into a disastrous race result. Even small improvements in nutrition can deliver better performance.

The third edition of *Sports Nutrition for Endurance Athletes* is a complete reference for every question on fueling, post workout recovery nutrition, weight loss, ergogenic aids, vitamins and minerals, and supplements. New material refines nutrition guidelines using the newest research and features a helpful redesign to make the book even easier to use for athletes of all levels. This nutritional bible demystifies sports nutrition, debunking myths and misconceptions to explain the principles that fuel athletes to better performance.

Ryan explains optimal diets for each endurance sport: running, cycling, triathlon as well as mountain biking, cyclocross, and swimming. For each sport, Ryan explains what to eat, how much, and when during normal training and on race day. She reveals what to eat before and during workouts, how to balance hydration and electrolytes, and what foods will help athletes recover fastest.

KEY SELLING POINTS

- Endurance sports participation is at an all time high and growing explosively. More than 60 million Americans participate in endurance sports.
- 75% of endurance athletes are concerned about their body weight because of its effect on sports performance.
- This is the only resource to provide sport specific nutrition guidelines for the most popular endurance sports: running, cycling, triathlon, and swimming.
- A helpful, more accessible design will broaden the book's appeal for less experienced athletes.

AUDIENCE

- Committed athletes looking for a performance edge will find detailed, sport specific nutrition plans.
- Intermediate athletes who need advice on how to fuel for longer distance events.
- New athletes who have questions about hydration, electrolytes, and race day nutrition.
- Athletes who want to lose weight will find detailed answers in a new chapter dedicated to the topic.

AUTHOR BIO

Monique Ryan, MS, RD, LDN, CSSN is an internationally recognized sports nutritionist with nearly 30 years of professional experience helping elite and age group endurance athletes and professional, major league sports teams to optimize their nutrition. She is founder of Chicago based Personal Nutrition Designs and the best selling author of Sports Nutrition for Endurance Athletes, Performance Nutrition for Winter Sports, Performance Nutrition for Team Sports, and Complete Guide to Sports Nutrition. Ryan has worked with USA Triathlon, USA Cycling, Synchro Swimming USA, the Timex Multisport Team, Chicago Fire MLS Soccer Team, and four professional cycling teams. She is a trusted source for nutrition stories in New York Times, Chicago Tribune, Runner's World, Fitness, Men's Journal, Men's Health, Outside, and Oxygen.