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Racing Weight: How To Get Lean For Peak Performance (The Racing Weight Series)



Synopsis

Racing Weight is a proven weight-management program 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 program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The updated Racing Weight program helps athletes:

- Improve diet quality
- Manage appetite
- Balance energy sources
- Easily monitor weight and performance
- Time nutrition throughout the day
- Train to get lean and stay lean

Racing Weight offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. Racing Weight superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite. Athletes know that every extra pound wastes energy and hurts performance. With Racing Weight, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale.

Book Information

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Customer Reviews

Great insights from Matt Fitzgerald. Recommend you also pick up his cookbook as a companion to this. I tried tracking DQS for a while and found that it did help to steer me away from potentially "unhealthy" foods, but the downfall of DQS is that it rewards overeating (e.g. two more servings of nuts today will boost my score! 400 calories later...). Overall great insights if taken with a grain of salt.

While I did appreciate a lot of the information in this book, I found one piece of very critical information missing: what an acceptable rate of weight loss is for an endurance athlete. My motivation for buying this book was that I wanted to be able to keep fueled for my training without performance loss while losing body fat. Whenever I've successfully lost weight in the past, I have felt really sluggish and had a tough time getting through my workouts. So I was hoping this book would provide the solution to that. As instructed in the book, I put a lot of work into counting calories (calories in), calculating my caloric needs (calories out) and determining my ideal weight, but these pieces of information are useless unless you know how to create a caloric deficit. This is where I really wanted guidance. How fast should I shoot to lose the weight? How many fewer calories can I consume without sacrificing performance? I know the standard line is that 2 lbs. per week is safe, but is that ideal? The book doesn't address any of these questions. I feel that it left me hanging right at the point when I almost had my answer.

Age group competitive marathoner here. The book is meant as a complement to calorie tracking, with tips on what healthy foods to eat and some pointers to how many carbs are needed in an athlete's diet which is helpful. It's more of a Daniel's formula (building blocks) than Pfitzinger approach (ready to use plans), to put it in runner's terms. It's useful for people who haven't been paying attention to their eating habits and nutrition, probably even eye-opening to the "if the furnace is hot enough..." people, but not a lot of new things to learn for those who are not new to healthy eating. The DQS App and methodology don't add much, you could go on a "nuts and wine" diet and congratulate yourself with great daily DQS scores.

No real groundbreaking information here, but I did glean some useful info. Don't be afraid to fuel

your workouts well. The better the fuel, the better the workout, the more calories you burn. Common sense nutrition advice and a rational method of keeping track of it. Worth a read.

This book really helped me organize my eating and training and the results have been good. "performance based decisions" is the key phrase. I used to measure my weight only at the lightest point of the day - now I measure my weight in kit with bike in hand before I ride (not directly suggested in the book, but it follows logically from "performance based decision"). I pack in healthy carbs before training, lessened my training time but added intensity, and eat healthy dose of protein after training. As a result, I no longer have the same craving for junk food at night (e.g. cookies). Oddly, I haven't actually lost much weight, but put on a lot of muscle instead. I do endurance rides on the weekend and am satisfied with the results. Incidentally, I stopped using Gatorade and commercial sports drinks and energy bars, preferring to start out with 4 bottles of coconut water/ fruit jusice and lots of bananas and other healthy things - which will hold out for 200-300 kilometers. As a result bonking is replaced by a gradual decline in power.

I absolutely recommend this book to anyone who is dealing with sports despite of being a professional, a hard trainer or not. The book provides also basic information about our body, its system, what happens during sports or during rest and even while sleeping. Every information provided is supported with scientific and physical explanations so that it makes the arguments reasonable and trustable. It offers a lifestyle with healthy eating so I believe it is not a diet or anything short term like that but it is a lifestyle and a choice of living it offers, something long term to apply and sustaining results to get. This book helps to understand your body during different occasions in a day such as sleeping, eating, walking, running etc. I just finished the book and started to apply this morning, and I am very excited to see the results and increase in my running performance.

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