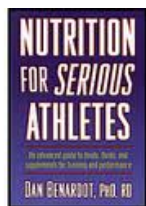


NUTRITION FOR SERIOUS ATHLETES

Autor: Benardot
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DESCRIPTION

As a competitive athlete, you know that what you eat and drink can significantly affect performance. And when you compete at a high level, the types, amounts, and timing of foods, fluids, and supplements is especially critical. Nutrition for Serious Athletes combines the latest research and the training experiences of top athletes to provide detailed eating plans for strength, power, and endurance sports.

Author Dan Benardot helps you tailor your diet to the needs of your sport and time your meals for training and competition. As the national team nutritionist for USA Gymnastics, Benardot helped the 1996 Olympic women's gymnastic team to a gold medal. Currently the co-director of Laboratory for Elite Athlete Performance at Georgia State University, he has also worked with professional basketball and hockey teams as well as other individual sports professionals.

If you are dedicated to being the best athlete you can be, you owe it to yourself to bring this book to the training table. No matter what your sport, Nutrition for Serious Athletes will provide you with expert advice to maximize your training and improve your performance.

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