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Fuel Your Ride: Complete Performance Nutrition for Cyclists

Molly Hurford, Nanci Guest

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Athletes know that proper nutrition is important, but finding the right balance can be complicated. *Fuel Your Ride* is a comprehensive guide to performance nutrition for cyclists and provides all the tools you need to customize a unique nutrition plan to achieve maximum performance. This book teaches riders everything from what to eat on race day to avoid the dreaded bonk to how to lose weight while consuming enough nutrients and power hard training rides. *Fuel Your Ride* combines the expert advice of numerous nutritionists, coaches, and professional cyclists to present a simple, clean, and whole foods approach to eating complete with easy-to-follow recipes that include delicious and nutritious vegetarian, vegan, and gluten-free options.

In addition to chapters on in-exercise food and hydration, supplements, and weight loss, special attention is placed on what to eat and the best time to eat, taking into account the different nutritional requirements for training rides, race performance, and recovery. *Fuel Your Ride* provides cyclists with the comprehensive nutritional information you need to efficiently power your rides and perform at your very best.

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