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Matt Fitzgerald on Endurance nutrition, mindsets and training 3:15 What is the best diet for endurance athletes? 5:58 Carbohydrate intake for endurance athletes – Carbohydrate centered

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*Matt Fitzgerald describes why runners of all levels need a training plan **Matt Fitzgerald**, author of the Official Rock 'n' Roll **Marathon** Training **Plans**, editor of RunNow.com and author of numerous books*

*John Berardi PhD on Nutrition Here **JB** summarises the "do's" of **nutrition** and how **nutrition** can be different for people with different **body** types.*

Race Weight For Runners - Does It Really Matter? There is no magic number on the scale for a runner's race weight that guarantees incredible performances. But does your race

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*Run Slow - Race Fast: 50k Training Plan To learn more about the Run Slow - Race Fast 50k Training **Plan**, go to:*

80/20 Running: My #1 Takeaway Reading 80/20 Running has basically changed my entire outlook on how to train for a lifetime or running, both for myself and for

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*The Mindset of a Champion with Matt Fitzgerald - Ep. 133 This week's guest is **Matt Fitzgerald**, the author of many, many books including How Bad Do You Want It and The Endurance **Diet**.*

*Breakfast with Bob Boston Edition: Matt Fitzgerald Breakfast with Bob Boston Edition presented by Hyland's with NormaTec filmed on location at the Boston **Marathon** Expo. Author*

Proper Nutrition and Running Technology: Interview with Matt Fitzgerald Full show notes and resources can be found here:

*Racing Weight: initial book review Here are some initial thoughts regarding the book "Racing Weight" by **Matt Fitzgerald**, which I recently purchased.*

*Zwartkops racetrack abuzz with cutting edge, energy efficient cars The Zwartkops racetrack in Centurion, south of Pretoria, has been abuzz with **cutting-edge** energy-efficient cars. Local and*

*John Berardi: Cutting Edge Fitness and Nutrition Coaching Strategies - Part 4 Dr. John Berardi shows us how developing small, **new** habits can make lasting change for **your** personal training clients' success.*

*Matt Fitzgerald Marathon Pacing Tip #4 **Matt Fitzgerald Marathon** Pacing Tip #4.*

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