This book is unique in that it is a book written by world experts in a way that can easily be understood by athletes and which can immediately result in changes that can help performance or recovery. The various chapters are written by leaders in the field who discuss the latest science and translate the scientific findings into a practical message. So it is not just theory, every chapter contains clear advice and by doing so this book bridges the gap between science and practice. After reading this book, athletes and coaches will be up to date with the latest developments, will be able to distinguish fact from fiction and will be able to make changes to their nutritional preparation that will have an impact.

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Asker Jeukendrup is a Professor of Exercise Metabolism at the University of Birmingham. Asker has published over 150 papers and book chapters in his career and has published 4 books, including a textbook on Sports Nutrition. His research has contributed enormously to the current understanding of good nutritional practice for athletes and the advice that is generally given to athletes. He received the Otto Wolff von Amerongen prize for his achievements in 2003 and was awarded the Danone Chair at the University of Brussels in 2005. He is also the editor-in-chief of the European Journal of Sport Science. In addition to this Asker has been a training and nutrition consultant to several elite athletes worldwide, including the Rabobank professional cycling team, UK Athletics and some of the world’s best marathon runners, swimmers and triathletes. In his spare time Asker competes in Ironman triathlon races. Asker has completed 17 Ironman races, 4 of them at the Ironman World championship in Hawaii.
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