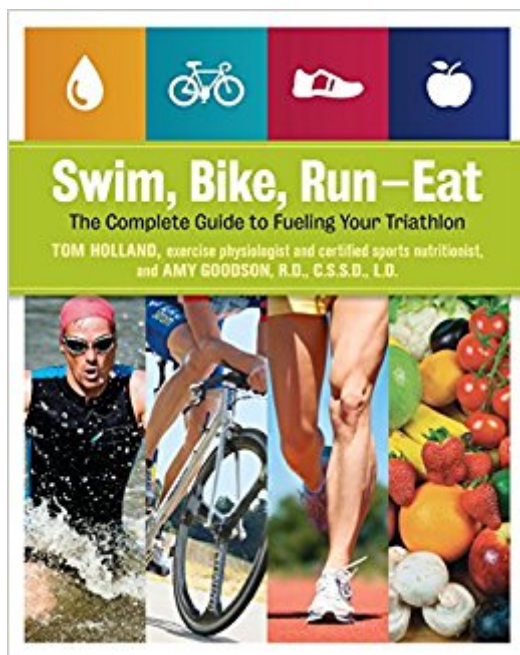


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Swim, Bike, Run, Eat: The Complete Guide To Fueling Your Triathlon



Synopsis

It's race day and you have your quick-closure running shoes, sleek suits, bikes, goggles, and watches, but if you haven't been training with the proper nutrition, you'll be left in the dust in the third mile. Enter Swim, Bike, Run--Eat to guide you from day one of training to the finish line and help your body perform at its peak of fitness. In this book, author Tom Holland joins up with sports dietitian Amy Goodson to cover race-day essentials, food choices to complement your training regimen, as well as recovery nutrition. Learn how to determine what to eat; what to drink; how many calories to consume each day; whether or not to carry snacks while training; the difference between taking in calories from solid foods, semi-solids, and liquids; and whether or not to take electrolyte or salt tablets. This book is the ideal companion to Holland's *The 12-Week Triathlete*. Casual and core triathletes alike require a nutrition guide that is easy to understand with expert advice that is easy to implement. Look no further and get ready to take your triathlon to a new, healthier level.

Book Information

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Customer Reviews

Swim, Bike, Run, Eat: The Complete Guide to Fueling Your Triathlon
Smoothie-Making Tips
View larger
Smoothie-Making Tips If you're trying to get extra calories (as in the high-calorie shakes), add a high-calorie protein powder that includes carbohydrate and protein because those contain more calories than whey isolate protein powder. Also, If you are not a vegetable lover, you can experiment with mixing spinach into the smoothies with fruit. Milk Theory If you're looking to reduce calories, you can opt for skim (fat-free) milk. If you're lactose intolerant, you can substitute Lactaid milk for regular milk for an exact protein and nutrient exchange minus the

lactose. If you have a milk allergy, you can sub out milk for soy milk for similar protein and calories. However choosing milks such as rice, almond, and coconut do not provide the same protein as regular milk, so you need to add more protein powder (soy, hemp, pea, egg white, etc.) to get in adequate protein. If you would like to get more carbohydrate and a little less protein in your smoothie, you can sub 100 percent fruit juice for milk.

500-Calorie Smoothie 1 cup (236.6 ml) 2 percent milk 1 scoop whey protein powder 1 banana 1 tablespoon (20 g) honey 1 tablespoon (16 g) peanut butter

"As a race director, I have seen countless numbers of athletes on the race course walking or in nutritional distress as a result of not putting as much emphasis on their nutritional strategy as they had on their swim, bike, and run training. This book is a great tool and reminder that there is a fourth discipline to triathlon - nutrition." - Eric Opdyke, Rev3 National Race Director

Starred Review "This book speaks to the importance of proper body fueling during a triathlon and covers four key components: an understanding of basic nutrition, fueling during training and during an actual race, and well-planned recipes. Holland and Goodson (an exercise physiologist and sports dietitian, respectively) frame nutrition as the fourth discipline of the triathlon and delve into a discussion of the types of nutrients one can use—proteins, carbohydrates, and fats—and how often. Helpful tips are sprinkled throughout this nutritional section and interspersed in the rest of the volume. Sidebars debunk common myths and provide tidbits about common race fuels, such as the ever-popular Gatorade. The training and racing chapters feature the authors' previous mishaps and offer concrete plans for triathletes to follow with respect to carrying fuel during a race, what to eat on race morning, fueling for various distances, and much more. **VERDICT** A great review of nutrition and fueling for both novice and experienced triathletes. The authors make a complicated subject accessible for anyone interested in training for a triathlon. Photos, colorful sidebars, and a handy index contribute to this being a must-have for triathletes of all ages and skill sets." —*Library Journal*

"One of the top ten trainers in the United States." - Women's Health on Tom Holland

It's a very good book with practical methods on nutrition preparation for Ironman (IM) endurance races. He discusses the methods on fueling and hydration that have best served him on IM races. I really appreciate his candor on how he almost messed up on his nutrition for his first race and how pros really helped him. His advice on "never try anything brand new before a race" is a very true statement. I like the plans for the specific races. His advice on the various diets Paleo, Vegan, Flexitarian is very good.

In my search to understand this crazy sport I've read a lot of books and to be honest it's either super simplistic advice like "tie a helium balloon to the bike" all the way through to understanding carbon fiber bikes. Tom's book is in my opinion perfect for anyone starting out in the sport or someone who wants to be better at it. The real gem is the final part Eat. Tom breaks it down and made it easy for this Age Grouper Dad with a family. I've developed my pre race eating strategy using this book and it hasn't let me down after completing 10 Sprint and 1 Olympic triathlons this year I have to say hands down this is probably one of the best investments you'll make (other than the bike, the wet suit, the.....)

I think this is a perfect first book for anyone getting into triathlon. So much more than basic nutrition. Actually getting the nutrition during a longer triathlon, experimenting with foods and techniques, and learning from experience is all discussed here. Easy to read and enjoyable. The author does not judge your food choices either. He simply explains what's required to work with each choice (Paleo, vegan, etc.) in very common sense terms.

I loved, loved this book. I am relatively new to triathlon, well to the longer distances (70.3) and I'm at the point where my nutrition matters completely. I have reread the book about 5 times there is so much there. I feel like I know exactly what to do, now, for workout nutrition, recovery, and race nutrition. I can't wait to put it all to the test. I thought Tom Holland did a great job with the presentation too-- stories to help illustrate, easy read. I would definitely recommend to any triathlete trying to figure out what to eat and when to eat it to perform their very best.

As someone who is very interested in running my first Tri in 2017 and a complete newbie, I bought this book to figure out nutrition and what I should be focused on during my training. I've made several recommended dietary changes that the book talks about. I like Tom's view on food restriction diets and he gives a great explanation as to why they don't often work. It helped me change my mindset to not beat myself up when I don't follow my eating plan 100%. It's rare that I'll save a book as reference material in the future, but I'm glad to make this a permanent book in my library.

Good for beginners. The authors point of view is from coaching athletes and participating in events himself. A little repetitive with some information, but I am sure it is for reminding/reassurance for the

athletes reading.

I love this book! I've read many books about nutrition during triathlons and I think this one is, by far, the best. The book explains things and breaks down complicated ideas into easily understandable components. This is now my go-to book for anything having to do with endurance nutrition.

I really liked this book-- I've been struggling with proper nutrition and this book really helped. It's well written, and gives the tips you need. It also has some really good menus and recipes. It also is adaptable for the sprint, olympic, or ironman triathlete by providing common sense and scientifically supported information without being too technical.

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