

# Magazine Runners World 11 November 2014 Usa

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runner s world magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

every runner knows how important it is to prevent an unfortunate bathroom accident midrun this book can show you how for any runner who wants a quick easy reference guide to every running issue under the sun look no further with tips on training nutrition gear motivation health and racing runner s world how to make yourself poop is essential reading for runners who want to improve their performance from the best way to tie your shoes to 9 tactics for busting out of a running rut and everything in between these short easy to use tips from reliable experts are the perfect gift for any runner in your life

runners need to eat well in order to perform and what they eat can have a direct influence on how they run the runner s world cookbook is the perfect combination of performance boosting nutrients to maximize performance with easy delicious and quick recipes this cookbook contains 150 recipes sourced primarily from the authoritative voice in running itself runner s world magazine along with exciting additional content these recipes are intended to maximize a runner s performance and enhance nutritional benefits the book will include two recipe indexes with visual keys for classification at the start of each recipe with v for vegetarian ve for vegan gf for gluten free and more the first section of the book focuses on nutritional information and staple ingredients every runner should know and the second part of the cookbook illustrates how to turn these facts into delicious quick and nutrient boosting meals through delectable recipes every recipe will have an easy to follow icon system to identify key recipe attributes i e recoveryfriendly low calorie quick and easy along with a nutrition guide that will offer readers tips on how to make the healthiest choices regarding that particular category of food divided by categories salads soups stews sandwiches wraps burgers pizza pasta etc these recipes are presented by types of dishes runner can look to for satisfying performance needs in appetizing ways

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