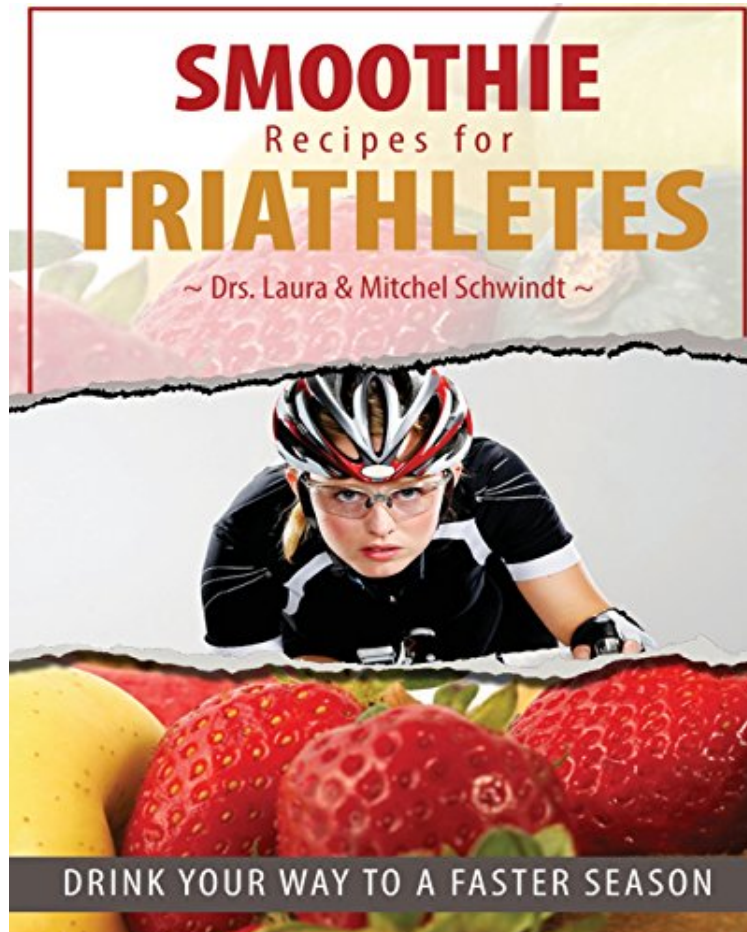


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## Smoothie Recipes for Triathletes: Drink Your Way to a Faster Season

*Dr. Mitchel Schwindt, Dr. Laura Schwindt*  
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**Dr. Mitchel Schwindt, Dr. Laura Schwindt : Smoothie Recipes for Triathletes: Drink Your Way to a Faster Season** before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothie Recipes for Triathletes: Drink Your Way to a Faster Season:

Looking for an edge? Proper nutrition is key to fueling your body for optimal training, racing and recovery. This book is packed full of recipes based on science and experience. The authors are both doctors and have been racing for over a decade. Step inside this book and learn the secrets of nutrition for triathletes and endurance sports success.

About the Author Drs. Laura and Mitchel Schwindt share their experience and provide the science behind fueling athletes for success. Laura maintains a busy dental practice with a focus on comprehensive wellness. She has been racing for over 15 years and is a national age group qualifier in duathlon and is looking forward to running Boston 2014. Mitchel is a board certified emergency medicine physician who focuses on nutrition as a tool to create wellness and longevity. He is a competitive age group triathlete and also competes in in-line marathons. He is a member of the American Academy of Anti-Aging and holds a certificate in plant-based nutrition from Cornell.