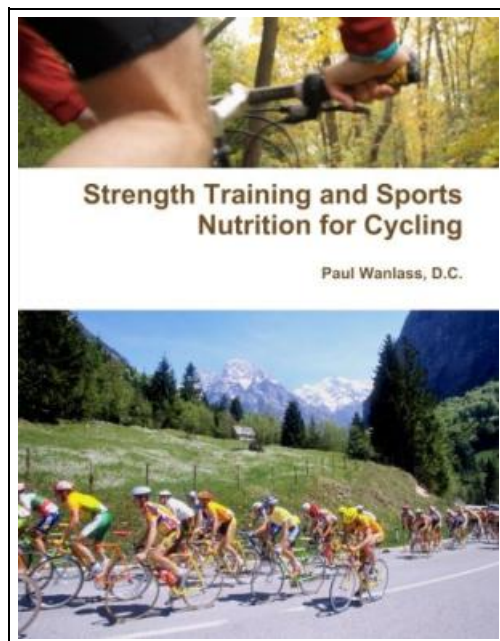


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Lulu.com, United Kingdom, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Dr. Wanlass has treated and consulted with amateur and professional athletes who participate in a variety of sports. He was the personal training partner and consultant for a two time Hawaii Ironman Triathlon competitor. He has also been an avid cyclist, both road and mountain bike, for over 30 years. This book is based on his personal experience in treating athletes, his health care education, and his strength and conditioning education. The program is designed to help you incorporate sports nutrition into your daily training, increase your strength, endurance, cardiovascular fitness, and decrease your recovery time between rides or competitions.



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