



Smoothies for Triathletes: Recipes and Nutrition Plan to Support Triathlon Training from Sprint to Ironman and Beyond (Food for Fitness Series)

Lars Andersen

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With his unique, no-nonsense, no-filler approach to getting maximum nutrition and without sacrificing on the great taste that only smoothies can provide, Lars Andersen provides you with everything you need to have a tasty, varied, power-packed smoothie that is ready in moments.

Tailored to your specific needs:

Unlike other books which stop at simply providing a list of smoothie recipes, Lars includes the nutritional information and specifies when and why you should enjoy each smoothie - whether it be pre-or-post training. One size rarely fits all and Lars eliminates the guesswork for you.

In this Book sports nutrition guru Lars Andersen provides shows you delicious ways to:

- Run Significantly **Further, Faster** and **Longer** for Improved Race Times
- **Build Muscle** and Tone Up Dramatically
- Save Time and Money whilst Supporting **optimal Performance**
- Dramatically **Reduce Muscle Fatigue, Joint Pain** and **Recovery Time**
- Beat plateaus and achieve new levels of fitness
- Feel fresh and energized all day, every day

Now includes EXCLUSIVE Smoothies for Triathletes readers-only bonus

If you buy *Smoothies for Triathletes!* today, you also get a FREE BONUS copy of the bestselling report:

Athletic Training

This #1 selling ebook helps you to reach your fitness goals by using a little-known method for achieving your weight loss and fitness goals. And before you ask, these fitness "tricks" are backed by hard science.

It's also yours FREE if you buy *Smoothies for Triathletes* today.

THE BEST PART:

This bonus ebook is also short, simple and directly to the point - no added filler.

Get your ebook today as it is only Available during this time-limited "Publisher Special Offer"!

Scroll Up and Hit 'Buy Now' to Improve Your Triathlon Training Results **Today!**

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