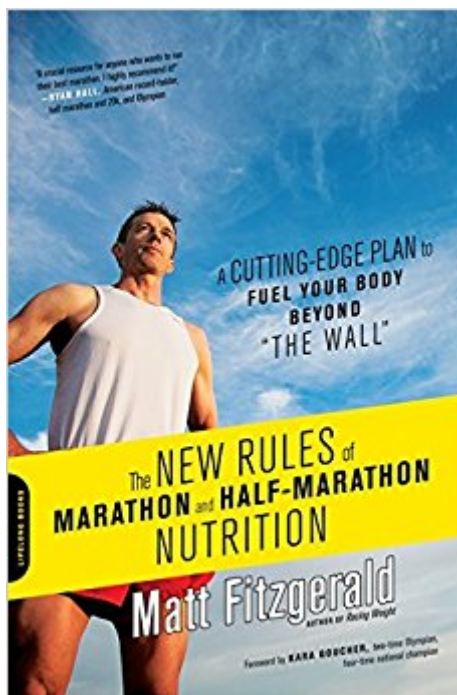




The book was found

# The New Rules Of Marathon And Half-Marathon Nutrition: A Cutting-Edge Plan To Fuel Your Body Beyond "the Wall"



## Synopsis

Every year, roughly 2 million people participate in marathons and half marathons in the United States, and, no matter what level they are, every one of these runners has likely hit “The Wall,” running out of muscle fuel in the final miles and slowing down precipitously. This setback and other common running disappointments are nutritional (or metabolic) in nature. In *The New Rules*, renowned fitness journalist and training coach Matt Fitzgerald cuts through the myths, distilling the most up-to-date science to help runners overcome the universally experienced nutritional barriers that prevent success in the marathon and half marathon. From basic tenets of training to nutrition guidelines, *The New Rules* is the first resource for runners to fully integrate nutrition with training for a complete and systematic race plan. Fitzgerald’s powerful and easy-to-use tools will enable runners of all levels to attain their ideal racing weight, calculate their precise daily energy needs, and formulate a custom nutrition plan.

## Book Information

Paperback: 304 pages

Publisher: Da Capo Lifelong Books (February 12, 2013)

Language: English

ISBN-10: 0738216453

ISBN-13: 978-0738216454

Product Dimensions: 6.1 x 0.9 x 9.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 84 customer reviews

Best Sellers Rank: #163,364 in Books (See Top 100 in Books) #56 in Books > Sports & Outdoors > Other Team Sports > Track & Field #265 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #1175 in Books > Sports & Outdoors > Individual Sports

## Customer Reviews

Library Journal, March 2013;Extremely well done; A must for marathoners!•Portland Book Review, 4/21/13;You will gain valuable information and insight about how to fuel your body from this book.~San Francisco / Sacramento Book Review (website), 5/9/13;Written in a friendly and approachable manner and colored with many anecdotal stories from elite running history, this book is an easy and informative read that can

help propel your runs to the next level. —WomanAroundTown.com, 9/7/13; Fitzgerald gives sound advice to conquer the obstacle that blocks many runners from finishing their race; If you know a marathoner, you'll make a fast; very fast; friend by gifting this book. —RunnersWorld.com, 12/17/2013; [Fitzgerald's] perspective on hotly contested topics in sports science is always well-informed, practical, and leavened with enough skepticism to avoid jumping on and off every passing bandwagon; He's entirely reasonable in differentiating between proven; you must do this; tactics, and more speculative; experiment with this if you're interested; tactics; A nice intro to endurance nutrition. —

Matt Fitzgerald has authored or coauthored 17 books on topics related to running, triathlon, fitness, and nutrition, including *The Runner's Body and Brain Training for Runners*. He has written for *Bicycling*, *Men's Fitness*, *Men's Health*, *Men's Journal*, *Outside*, *Runner's World*, *Shape*, and *Women's Running*, among other major national publications and his byline appears regularly in *Competitor*, *Inside Triathlon*, and *Triathlete* and on [competitor.com](http://competitor.com), [triathlete.com](http://triathlete.com), and [active.com](http://active.com) (where he is a featured running and triathlon expert). A certified sports nutritionist, he has served as a consultant to a number of sports nutrition companies, including Energy First, Next Proteins, and PacificHealth Labs. As a coach, he designs running and triathlon training plans that are sold through [trainingpeaks.com](http://trainingpeaks.com) and consults for PEAR Sports; maker of a new training device for runners; as a training intelligence specialist. Fitzgerald continues to run competitively. [mattfitzgerald.org](http://mattfitzgerald.org)

I bought this book for my 51 year old son. He started the recommended diet and lost 9 lbs in a week and was consuming about twice the calories as his previous diet. His running times have improved as well. He thinks this book is the best running related book he has read.

I came across this book in the library and borrowed it to get some idea on the type of diet/nutrition I should follow for my first half marathon. I found this book to be a treasure trove of information. It not only helped me understand my nutritional needs as a runner, but also how to maximize my weight loss goal by burning fat as fuel as often as possible. While the advice in it is targeted towards runners, all athletes should find the information helpful. In fact, any person who's trying to lose weight should read the book for the practical advice that it provides. In fact, I liked the book so much that I bought the kindle version to keep for reference.

Seemingly sound concepts, helped me get on a decent performance diet that helps me get through the toughest training days. Good for vegetarians and vegans. One thing I found missing is anything written for underweight people with fast metabolisms, would be nice to hear Matt's thoughts on such athletes.

Easy system, easy to follow. Answered questions I had and those I didn't know I needed to know and went further to even say what I don't need to worry about that everyone else seems to say I need to think about. After reading the book I have a good understanding of what I need to do to get ready. Moreover, with his insights, plans, suggestions I feel like I can get there without too much extra effort or sacrifice. In the next edition I hope he'll talk more about what slower runners can do to manage race day nutrition but I got enough out of this version to feel a lot more confident I'll be ready for my upcoming race.

Really great information that challenges trendy nutrition plans and provides proven methods for getting lean and performing your best, organized into an easy-to-follow plan that any runner (even a turtle like me!) can incorporate into their daily training.

I felt this book was a worth while read. Easy to follow along, and had good information within, especially when it comes to tapering and in-race nutrition. I was able to create some nice interactive excel sheets afterwards to track (more easily) food consuming and carbs taken in, should be interesting to see the compiled data after my next training cycle.

Training for my first ultra at the ripe old age of 62, I wanted to prepare myself nutritionally. This book did a great job in helping me understand what I need to consume before, during and after training and the race itself. Even though the book's focus is half and full marathons, the information easily translates to longer races.

This isn't the first Matt Fitzgerald book I've read and he continues to offer up some good advice and perspective on training and racing - 4 weeks out and I'm hoping to get some benefits just in time! The only reason it is not 5 stars is a really silly editing miss and I nearly put the book back in the box. Came to my senses and continued reading...Matt - please review your satiety research section before the next printing of the book. Peanuts, aka groundnuts outside the US, do not, "of course,

grow on trees". Just remove the quoted section and you're fine. <https://en.wikipedia.org/wiki/Peanut> includes a nice picture of the plant. This is a miss by you and your editors, and it would be unfortunate that someone would see this mistake and ignore the rest of your research, experience and advice.

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