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Racing Weight: How To Get Lean For Peak Performance (The Racing Weight Series)



Synopsis

Racing Weight is a proven weight-management program designed specifically for endurance athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training. This comprehensive and science-based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The updated Racing Weight program helps athletes:

- Improve diet quality
- Manage appetite
- Balance energy sources
- Easily monitor weight and performance
- Time nutrition throughout the day
- Train to get lean

Racing Weight offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. Racing Weight superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite. Athletes know that every extra pound wastes energy and hurts performance. With Racing Weight, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale.

Book Information

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Customer Reviews

Some background on my point of view for this review. I'm in my 40's and am a lifetime runner who's gone in and out of competitive modes over the years. I'm back in that mode now and have finally

admitted to myself that nutrition matters, and I should probably do something about it - not only for racing but for general healthy living. A statement early on in the book immediately grabbed my attention, and that is that the book is not a diet book for the sole purpose of losing weight. It's a book about how to adjust your eating habits to get to your ideal racing weight for the purpose of maximizing your performance. A very important distinction to me. There were two main ideas I found very useful about the book. The first was in how the author presents a method for generally assessing the quality of your diet. The second was that he provides guidelines on how much of what category of food to eat based on the unique needs of endurance athletes. The best part is that he doesn't get too specific (Day 1, Meal 1: eat this, etc.), but allows you to choose whatever you want as long as you're adhering to the guidelines. After reading the book, I went through my kitchen and catalogued the nutritional values of everything I had been eating. I compared the results with what I should be eating, and then was able to make some adjustments to get things in the proper balance. It was a process that took the better part of a weekend day, but very informative and productive in the end. I'm less than a month into the changes, but I have dropped a few pounds, am completing my workouts at a higher level, and recovering well between workouts. If you recognize the importance of proper nutrition for race performance and are willing to make a change in your eating habits, I highly recommend this book.

I'm a 46 yo female cyclist, 5 ft 3 and had 15 lbs to shed. I wanted to get back into amateur bike racing after 3 years off due to job changes and a series of knee injuries. I kept coming back to this book because of the positive reviews. I'm glad I did! Excellent program and I have already recommended to several of my biking friends. After 4 weeks on the program I have dropped 10 pounds and feel MUCH stronger on the bike. I've also lost most of my desire for sweets and other junk food - the eating plan the author lays out is very satisfying and easy to follow (besides being super-healthy). It turned out I was seriously undercutting my calorie and carb needs as a lot of women do - I was training 10 hours a week on the bike and eating 1300 calories/day (with few carbs) and not losing weight. And I was getting seriously tired and frustrated. I decided to follow the Racing Weight plan (and the high-volume cyclist training plan in the Quick Start guide) since nothing else seemed to be working. I cleaned up my eating, added in another ~600 cal a day (mostly high quality carbs), and trained a little differently (added HIIT but kept hours on the bike the same). Wow, what a difference and after only 4 weeks!! I'm going to follow the plan through week 6 (at least) and possibly week 8 to see where that takes my weight. As the author states in the book, my best racing weight may actually be a bit lower than what I had thought. My only wish - that the author would

create additional training plans for cyclists as he has for runners. His Quick Start plan has worked so well that I'd like to continue using one of his plans after my 8 week weight loss cycle!

I just finished reading this book, and while I do like the general concept of the book, I did not like that the author gives incomplete information with the hope of cross selling his other books, telling you that you can buy his other book to get the detailed diet of the generalities he explains in this book. Also I felt that the book is incomplete in the help you receive with the DQS scoring by food type, where foods are assigned points by type and frequency of consumption during the day, a twist on the weight watchers system where food is also assigned points, but weight watchers gives you many pages listing foods and their points, here you get a guideline where you must categorize all food in seven types and a very small sample of foods and their score, but there are dozens of food I eat I am still unsure how to grade after reading the book, and I get the impression under his system 100% Natural Honey would be graded to be the same as a Milky Way Chocolate. He provides the diet for some endurance athletes but he fails to grade them under the DQS system, that could also be good practice for people starting with his system. So now I feel that unless I buy the quickstart guide, and his upcoming cookbook I will not be fully able to benefit from this book.

I bought this book because I was hoping to get some tidbits that would help me with my diet and exercise routine. I did get lots of great tips from this book; more than I expected. I found the what to eat and why sections very helpful. There's lots of info in this book explaining why eating certain ways can help with endurance sports. This book would certainly appeal to pro athletes but I think it has lots great info for those of us who exercise for weight and health reasons.

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