

Racing Weight: How To Get Lean For Peak Performance By Matt Fitzgerald

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The point of getting leaner is to enhance race performance; getting lean is not an end in itself, advises Racing Weight author Matt Fitzgerald.

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Gordo Byrn shares ideas on getting to race weight. by Gordo Byrn. If you read my first two nutrition articles (Real World Weight Loss and Ten Tips for Weight Loss

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"Racing Weight: How to Get Lean for Peak Performance by Matt Fitzgerald (2nd Edition)

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