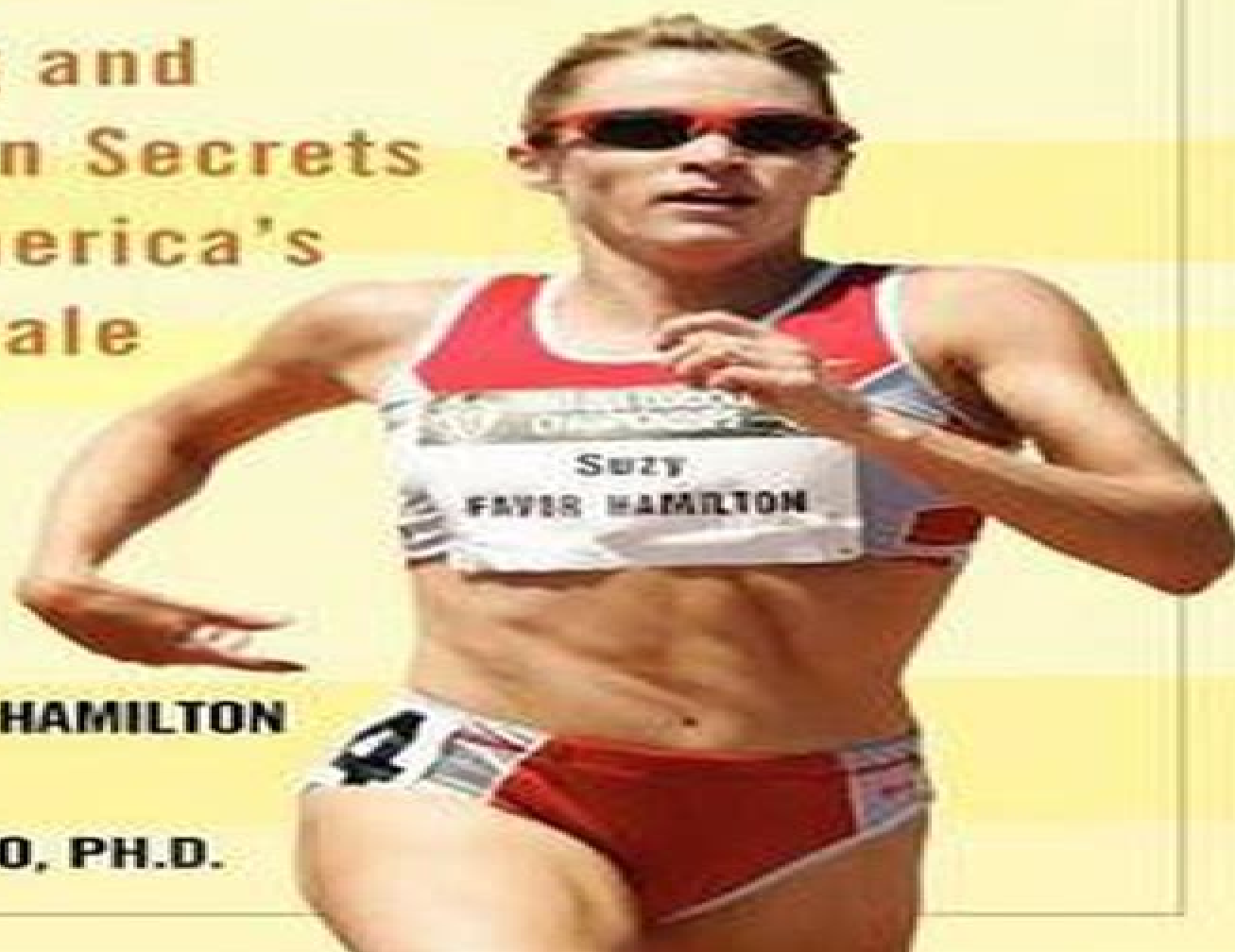


# FAST TRACK

Training and  
Nutrition Secrets  
from America's  
Top Female  
Runner

by  
**SUZY FAVOR HAMILTON**  
and  
**JOSE ANTONIO, PH.D.**



# Fast Track Training And Nutrition Secrets From Americas Top Female Runner

**Huangqi Zhang**



## **Fast Track Training And Nutrition Secrets From Americas Top Female Runner:**

Fast Track Suzy Favor-Hamilton, Jose Antonio, Ph.D., 2004-07-14 As she prepares for the 2004 Summer Olympics our best hope for middle distance gold tells young women runners where they go wrong and shares the training and nutrition secrets that put her own career on the fast track Suzy Favor Hamilton is the premier female middle distance runner in the United States whose many honors include 6 U S National Championships 9 NCAA Titles and 4 Big Ten Athlete of the Year Awards now called the Suzy Favor award In this book she teams up with Jose Antonio Ph D one of the pre eminent exercise and sports nutrition scientists in the country to show young female runners how to improve at their favorite sport Currently there are 4 6 million women in the United States who run 100 days or more each year In Fast Track they will discover How much how hard and when to train and rest The pros and cons of strength training cross training stretching and other non running exercises How to avoid the top ten mistakes runners usually make Why Suzy s diet program is very different than is generally recommended and how this program has led to dramatic improvements in her running and in her life off the track Suzy s real world experience competing at the highest level in athletics combined with Dr Antonio s in depth knowledge of exercise and nutrition science will make this book a must read for all female runners both competitive and recreational who want to go faster play harder and minimize the risk of injury

Nutrition At Your Fingertips Elisa Zied, MS, RD, CDN, 2009-11-03 The latest in nutrition from alfalfa to zinc Nutrition is as vital to good health as it is complex to understand With thousands of supplements to choose from and ever shifting study results a registered dietician offers here a guide to nutrition s latest findings detailed explanations of vitamins and minerals information on fats carbohydrates fiber and proteins daily requirements health weight evaluation and management food labels meal planning and combating disease through nutrition Expert highly credentialed author Successful series format The most current nutritional information **Runner's World**, 2006 **Madison Magazine**, 2005 **Ethical Standards and Professional Credentials in the Practice of Exercise Physiology** Tommy Boone, 2007 **American Book Publishing Record**, 2003 Forthcoming Books Rose Arny, 2004

**Runner's World**, 2006-09 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling **Popular Mechanics**, 2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle The Breeder's Gazette, 1890 *The Presbyterian*, 1901 **New Breeder's Gazette**, 1890 **Working Mother**, 2001-10 The magazine that helps career moms balance their personal and professional lives **Athletic Journal**, 1985 New York Magazine, 1985-06-17 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the

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## Reviewing **Fast Track Training And Nutrition Secrets From Americas Top Female Runner**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Fast Track Training And Nutrition Secrets From Americas Top Female Runner**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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### **Table of Contents Fast Track Training And Nutrition Secrets From Americas Top Female Runner**

1. Understanding the eBook Fast Track Training And Nutrition Secrets From Americas Top Female Runner
  - The Rise of Digital Reading Fast Track Training And Nutrition Secrets From Americas Top Female Runner
  - Advantages of eBooks Over Traditional Books
2. Identifying Fast Track Training And Nutrition Secrets From Americas Top Female Runner
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Fast Track Training And Nutrition Secrets From Americas Top Female Runner
  - User-Friendly Interface
4. Exploring eBook Recommendations from Fast Track Training And Nutrition Secrets From Americas Top Female Runner
  - Personalized Recommendations

## **Fast Track Training And Nutrition Secrets From Americas Top Female Runner**

---

- Fast Track Training And Nutrition Secrets From Americas Top Female Runner User Reviews and Ratings
- Fast Track Training And Nutrition Secrets From Americas Top Female Runner and Bestseller Lists
- 5. Accessing Fast Track Training And Nutrition Secrets From Americas Top Female Runner Free and Paid eBooks
  - Fast Track Training And Nutrition Secrets From Americas Top Female Runner Public Domain eBooks
  - Fast Track Training And Nutrition Secrets From Americas Top Female Runner eBook Subscription Services
  - Fast Track Training And Nutrition Secrets From Americas Top Female Runner Budget-Friendly Options
- 6. Navigating Fast Track Training And Nutrition Secrets From Americas Top Female Runner eBook Formats
  - ePub, PDF, MOBI, and More
  - Fast Track Training And Nutrition Secrets From Americas Top Female Runner Compatibility with Devices
  - Fast Track Training And Nutrition Secrets From Americas Top Female Runner Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Fast Track Training And Nutrition Secrets From Americas Top Female Runner
  - Highlighting and Note-Taking Fast Track Training And Nutrition Secrets From Americas Top Female Runner
  - Interactive Elements Fast Track Training And Nutrition Secrets From Americas Top Female Runner
- 8. Staying Engaged with Fast Track Training And Nutrition Secrets From Americas Top Female Runner
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Fast Track Training And Nutrition Secrets From Americas Top Female Runner
- 9. Balancing eBooks and Physical Books Fast Track Training And Nutrition Secrets From Americas Top Female Runner
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Fast Track Training And Nutrition Secrets From Americas Top Female Runner
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Fast Track Training And Nutrition Secrets From Americas Top Female Runner
  - Setting Reading Goals Fast Track Training And Nutrition Secrets From Americas Top Female Runner
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fast Track Training And Nutrition Secrets From Americas Top Female Runner

- Fact-Checking eBook Content of Fast Track Training And Nutrition Secrets From Americas Top Female Runner
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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