



Runner's World Run to Lose: A Complete Guide to Weight Loss for Runners

Jennifer Van Allen, Pamela Nisevich Bede

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Drop unwanted pounds and keep them off for good with *Runner's World Run to Lose*, your comprehensive guide to weight loss from the experts at *Runner's World*. Running is proven to be one of the most effective, cost-efficient, and accessible weight-loss strategies. Weight loss and running are not one-size-fits-all, and *Run to Lose* provides everything you need to customize a unique diet and running program that works for you. Certified running coach Jennifer Van Allen and sports nutritionist Pamela Nisevich Bede show you how to incorporate running into an individualized nutrition and fitness program that will maximize your weight-loss results while improving your athletic performance.

Whether you are a seasoned marathoner looking to shave minutes by shedding a few pounds or a beginning runner lacing up for the very first time, *Run to Lose* provides you with the tools and information you need to get started and stay on track. This book is full of guidance on tricky topics such as how to balance your weight-loss goals while consuming enough nutrients to power your workouts; how to maximize your calorie burn; the best high-quality/low-calorie carbs to fuel your run; and advice on how to avoid common diet pitfalls. Complete with easy-to-follow training guides and detailed meal plans, *Run to Lose* will help you shape up, get stronger, and achieve your fitness goals.

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Marlene Childs:

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Suzanne Crider:

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Martin Hobson:

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Michael Rahn:

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