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# **Nutrition for Runners**

Jeff Galloway



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### Nutrition for Runners Jeff Galloway

In order to treat our body right, we need to both exercise and eat well. Using material from renowned nutritionist Nancy Clark, Jeff Galloway gives the reader tips on what to eat, when to eat, how much to eat, and how to combine all that with your training schedule while still retaining the chance to enjoy other aspects of life.

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