



Vegan + Sports . Vegan Nutrition and Endurance Sports

Arnold Wiegand

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Vegan + Sports Vegan Nutrition and Endurance Sports A vegan diet (refraining from the consumption of all animal products) is the optimal nourishment for personal well-being, vitality and health, as well as the basis for top performance in endurance sports. In clear and concise language, Arnold Wiegand describes a realistic method for making a healthy vegan diet second nature, and combining it with endurance athletics. Arnold Wiegand has participated in highly competitive endurance races, including marathon swims - 16,5 mile, the 101 mile run, and the Ironman-Triathlon, to name just a few. He has shown that purely vegan nourishment and endurance sports can be combined with great success. This book makes use of detailed background information and personal experience, and will serve as a guide for those who are concerned with such questions as: "What advantages can a vegan diet and endurance sports afford me?", "Is a vegan diet compatible with endurance sports?", "What are the necessary steps to achieve my fitness goals, and what do I have to pay the most attention to?" This book includes a wealth of medical knowledge, training suggestions, and practical tips drawn from the experiences of a professional endurance athlete. www.vegan-sports.de

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