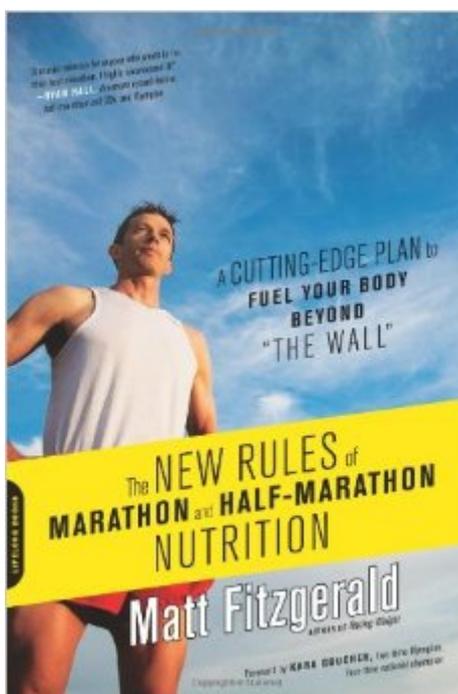


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# The New Rules Of Marathon And Half-Marathon Nutrition: A Cutting-Edge Plan To Fuel Your Body Beyond "the Wall"



## Synopsis

Every year, roughly 2 million people participate in marathons and half marathons in the United States, and, no matter what level they are, every one of these runners has likely hit "The Wall," running out of muscle fuel in the final miles and slowing down precipitously. This setback and other common running disappointments are nutritional (or metabolic) in nature. In *The New Rules*, renowned fitness journalist and training coach Matt Fitzgerald cuts through the myths, distilling the most up-to-date science to help runners overcome the universally experienced nutritional barriers that prevent success in the marathon and half marathon. From basic tenets of training to nutrition guidelines, *The New Rules* is the first resource for runners to fully integrate nutrition with training for a complete and systematic pre-race plan. Fitzgerald's powerful and easy-to-use tools will enable runners of all levels to attain their ideal racing weight, calculate their precise daily energy needs, and formulate a custom nutrition plan.

## Book Information

Paperback: 304 pages

Publisher: Da Capo Lifelong Books (February 12, 2013)

Language: English

ISBN-10: 0738216453

ISBN-13: 978-0738216454

Product Dimensions: 1 x 6 x 9.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (77 customer reviews)

Best Sellers Rank: #43,017 in Books (See Top 100 in Books) #101 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#) #331 in [Books > Sports & Outdoors > Individual Sports](#) #514 in [Books > Health, Fitness & Dieting > Nutrition](#)

## Customer Reviews

This is simply amazing. This was my 6th marathon, and I had bought this book about 10 days before the race. I followed 5+1 carbo loading cycle, and it helped. For a first time, running a marathon I was feeling great all the way through. I ran almost even splits of 1:49:XX and 1:51:XX, posting a new personal best of 3:41:09. In fact, I even managed to increase my speed in the last 5k after a reasonably conservative mid-section. Of course, sports nutrition and especially race nutrition is something you'd want to experiment with to see what is right for you - things differ for different athletes. This book describes various alternatives and suggests some reasonable choices. I'd

highly recommend to read this to everyone. There is no wall!

The book shines the light on good foods with an emphasis on the value of vegetables and fruits. Whole foods, so to speak. The most valuable section for me was on getting lean - not just losing weight. I have fallen into the trap of just eating whatever I can find (or crave) because "the furnace is burning hot so it doesn't matter what I eat..." Wrong. I am following this in my current marathon training and just finished a 60 mile week with no problems (previous high was 45). One line that made me scratch my head a little was this gem: "Peanuts, which of course grow on trees....." Um, Matt, peanuts are a legume not a nut and they grow in the dirt! Aside from that "oops" of a line, the book is a winner.

I'm new to running ... only been at it now for just over a year. I've done 3 half marathons and am training for a full marathon in April. I've struggled balancing my diet with the energy I need for the long slow distances that are involved in the half and full marathon trainings. After reading this book, I realized my overall calorie intake was too low, but most importantly, I was consuming more low quality foods than high quality, and my carb intake was well below where it needed to be. Everyone knows that it's better to eat more veggies and fruits than candy bars and french fries, but I've always struggled with my weight. Thus, my diet revolves around lower carb and higher fiber and protein choices. The problem with this approach is I was depriving myself of the "quick, easy to access energy" and my body was constantly having to gain energy from fat stores. What I like best about the book is it breaks everything down and it's very simple to understand - and you don't have to count calories or serving sizes. It's a simple "tally" system that allows you to see at the end of the week, how many fruits and veggies you actually ate. I also had no idea I was not fueling properly during my long slow runs (over 2 hours). I recommend this book to anyone who is trying to shed a few pounds while also training for longer distance runs. It is absolutely amazing and has truly changed my outlook on carbs!

This is a nicely focused treatment of running diet and race nutrition. It is similar in spirit and writing style to Matt's other books - very easy to read and enjoyable, if sometimes a little too chatty. I was a little worried that this book would not cover anything I did not already know from following the various running mags and blogs, but that was not the case and I'm glad I bought it. My primary interest was in race nutrition but the rest of the book was at least thought-provoking even if not something I am interested in trying. Regarding some of the other reviews - I am not sure how smart

you have to be to complain that a book plainly about nutrition "relies too much on diet." Or that it doesn't contain enough training plans (does the world really need another book full of training plans??) Or that the Hansons method is somehow "better." For the record, the information in Matt's book is compatible with any training system you want to use from the Hansons, Jack Daniels, Hal Higdon, or anyone else. That is because this book does not tell you how to train, it tells you how to eat. The only possible point of contention would be for example if you like to "train low" while Matt is claiming there is benefit from training with carbohydrates. In that case, you are completely free to ignore the advice in Matt's book. Finally, Matt provides summaries from recent studies to support almost every point he makes. It is true however, and a fair criticism, that he does not provide the citations needed to track down and read the studies for yourself.

not a hard read. has excellent ideas. but too many 'long talk' on issues that just 1 repeat is sufficient. author could consider to make some tables or charts for quick easy access. authors seems to enjoy writing and too many info are really not that critical. it seems the purpose is to add the pages.

I bought this book for my 51 year old son. He started the recommended diet and lost 9 lbs in a week and was consuming about twice the calories as his previous diet. His running times have improved as well. He thinks this book is the best running related book he has read.

This isn't the first Matt Fitzgerald book I've read and he continues to offer up some good advice and perspective on training and racing - 4 weeks out and I'm hoping to get some benefits just in time! The only reason it is not 5 stars is a really silly editing miss and I nearly put the book back in the box. Came to my senses and continued reading...Matt - please review your satiety research section before the next printing of the book. Peanuts, aka groundnuts outside the US, do not, "of course, grow on trees". Just remove the quoted section and you're fine. <https://en.wikipedia.org/wiki/Peanut> includes a nice picture of the plant. This is a miss by you and your editors, and it would be unfortunate that someone would see this mistake and ignore the rest of your research, experience and advice.

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