



## Racing Weight Cookbook

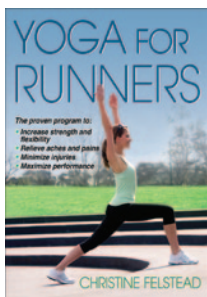
Georgie Fear and Matt Fitzgerald  
VeloPress

ONE OF the reasons I've always liked Matt Fitzgerald's approach to nutrition is his focus on quality. Regardless of whether you're looking at losing weight or not, most of us could benefit from improved nutrition quality. In his must-read *Racing Weight*, Fitzgerald uses a formula to determine an athlete's optimum weight. Then, once you've determined what that weight is and how much you need to lose, you simply follow his nutrition plan and you're good to go.

The *Racing Weight Cookbook* is a great companion to *Racing Weight*. Co-authored with registered dietitian Georgie Fear, this book can be used if you're following Fitzgerald's nutrition plan or simply on its own if you're looking to eat healthily and improve your nutrition. Recipes are broken down into three categories – athletes with no cooking experience, athletes with some cooking experience and athletes who love to cook. There are a variety of recipes for breakfast, lunch and dinner along with great snack suggestions that will help manage cravings between meals. Each recipe gives you nutritional information along with a diet quality score and symbols determining key features about each dish that benefit runners at different times in their training. Fitzgerald also has lots of great tips for sourcing food and stocking a kitchen.

The recipes in the book are relatively easy to make provided you have all the right ingredients. Most of the ingredients you will likely find at your local supermarket. While I like to cook, what I really like about this cookbook are the quick and easy recipes such as toast with cottage cheese and raspberry preserves (high in protein and great for a quick recovery snack) or cashew-crusted salmon (also high in protein). The book offers a lot of variety, is well-illustrated and easy to follow. And, most importantly, the dishes taste great. –CL

For a recipe from *Racing Weight Cookbook*, see p.69.



## Yoga For Runners

Christine Felstead  
Human Kinetics

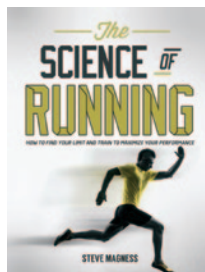
CHRISTINE FELSTEAD has devoted her career to bringing a tailored yoga practice to runners through regular classes, workshops, retreats, two DVDs and now this first book, *Yoga for Runners*. As a dedicated runner herself, Felstead understands and respects the (sometimes extreme) lengths that runners will go to for the sake of achieving their training goals. As she puts it, this book is for those runners who are seeking to achieve a new PB, or for anyone who enjoys running for miles, but wakes up with stiff legs or struggles to reach their feet to tie their shoes. With this book, she aims to eliminate your morning limp, help you tie your sneakers and also improve your performance by making you stronger, more flexible and less prone to injury.

To help you achieve this, she has selected the most relevant movements and postures from yoga's extensive catalogue and created targeted routines meant to support your training and keep you running your entire lifetime.

While the first couple of chapters, which extoll the virtues of running and yoga practiced independently or together, could be more concise, the author makes up for them greatly in subsequent sections. Each one focuses on an area of the body, including problem areas such as the hips, hamstrings and core, and provides detailed information on their anatomy and muscle actions as they relate to running. This is followed by a series of recommended poses that target those areas. The poses are generally accessible for a runner's body, the photography is simple, the posture cues are clear and easy to follow and for each one she has outlined the benefits of performing these exercises regularly.

As a whole, the book is easy to navigate and allows you to design your own program, or choose from a variety of pre-designed sequences that range from passive stretches to do in front of the TV, to full-blown 60-minute sessions, to quick and dirty post-run routines.

For its focus on strength, range of motion and injury prevention, this book has something for every runner, recreational or competitive. If you think lighter sneakers may help you shave a second or two off your PB, just think what a stronger, injury-resistant body could do. –CR



## The Science of Running

Steve Magness  
Origin Press

IF YOU WANT to improve as a runner read this book, which re-evaluates our dependence on confusing science and numbers. No matter if you are new to running or a well-read veteran of distance training,

*The Science of Running* will challenge you to reconsider what you know.

Fittingly, one of the themes of the book is that improvement comes from change. Of course, you need to be consistent in your training, but the body reacts to stimuli in order to strengthen and grow. If the training isn't stimulating the body, then the body won't change and your performances won't improve. The same goes for your knowledge as a runner. You may be happy and comfortable with your training plan, but if you want to get better, you have to challenge what you already know. This book will help you do that.

Before I go on, I have to address a significant problem with this book. There are typos and grammatical errors on every page. I've been following Magness's blog for years, and I understand that in the ephemeral online world this can be excused. The decision to publish a book, however, is an opportunity to clean up mistakes and strengthen ideas. My fear is that some will dismiss this book based on its decidedly unprofessional presentation. The ideas here are very strong and exciting, but this book is in desperate need of a tidied up second edition.

The reason why this book should stand among, or even surpass