



Endurance Planet's Guide to Elevation: Practical Tips for Living, Eating, and Training at Altitude

Jeff Meador

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It's Time To Conquer Altitude, Once & For All. Training and racing at altitude can be confusing. When it comes to advice, there are a myriad of supplements, gear, and training strategies that so-called "experts" recommend to keep you from biological disaster at altitude. We turned to a seasoned endurance athlete who actually lives, eats and trains at altitude every day, and this book is the result. Here are just a glimpse of what you'll learn: -Mountain High Experience - exactly what happens to your body when you get into elevated conditions... -Going To Altitude - the system and steps necessary to prepare your body for training or racing at altitude... -Fueling and Hydration - how eating and drinking changes at altitude, and what you can do about it... -High Altitude Training - how to handle your altitude training sessions, and what to do if you can't get to altitude to train... -Racing In Thin Air - how to race and properly pace at altitude, along with swimming tips, cycling tips and running tips... -Going From High Altitude to Sea Level - what to expect when you reverse the scenario and go from high to low to train or race... This book is guaranteed to reveal everything you need to know to successfully avoid the discomfort that can come with altitude training and racing - and to give you confidence at elevation!

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