



# Runner's World Run to Lose: A Complete Guide to Weight Loss for Runners

By Jennifer Van Allen, Pamela Nisevich Bede

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Drop unwanted pounds and keep them off for good with *Runner's World Run to Lose*, your comprehensive guide to weight loss from the experts at *Runner's World*. Running is proven to be one of the most effective, cost-efficient, and accessible weight-loss strategies. Weight loss and running are not one-size-fits-all, and *Run to Lose* provides everything you need to customize a unique diet and running program that works for you. Certified running coach Jennifer Van Allen and sports nutritionist Pamela Nisevich Bede show you how to incorporate running into an individualized nutrition and fitness program that will maximize your weight-loss results while improving your athletic performance.

Whether you are a seasoned marathoner looking to shave minutes by shedding a few pounds or a beginning runner lacing up for the very first time, *Run to Lose* provides you with the tools and information you need to get started and stay on track. This book is full of guidance on tricky topics such as how to balance your weight-loss goals while consuming enough nutrients to power your workouts; how to maximize your calorie burn; the best high-quality/low-calorie carbs to fuel your run; and advice on how to avoid common diet pitfalls. Complete with easy-to-follow training guides and detailed meal plans, *Run to Lose* will help you shape up, get stronger, and achieve your fitness goals.

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### Editorial Review

#### About the Author

**Jennifer Van Allen** is a USATF and RRCA-certified running coach and a former editor for *Runner's World*. She is the author of *The Runner's World Big Book of Running for Beginners* and the *Runner's World Big Book of Marathon* and *Half-Marathon Training*. She has completed 49 marathons and ultras, and written for magazines and newspapers since 1996. She is based in Portland, Maine.

**Pamela Nisevich Bede, RD, CSSD**, is a sports nutrition expert and co-owner of Swim, Bike, Run, Eat!, LLV, a nutrition consulting firm.

### Users Review

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##### **Maria Gomez:**

This *Runner's World Run to Lose: A Complete Guide to Weight Loss for Runners* is great book for you because the content which is full of information for you who also always deal with world and get to make decision every minute. This specific book reveal it details accurately using great arrange word or we can point out no rambling sentences included. So if you are read the idea hurriedly you can have whole details in it. Doesn't mean it only offers you straight forward sentences but difficult core information with beautiful delivering sentences. Having *Runner's World Run to Lose: A Complete Guide to Weight Loss for Runners* in your hand like finding the world in your arm, information in it is not ridiculous just one. We can say that no book that offer you world in ten or fifteen small right but this publication already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. active do you still doubt that will?

##### **Rosemary Lafleur:**

In this era globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher which print many kinds of book. Typically the book that recommended for your requirements is *Runner's World Run to Lose: A Complete Guide to Weight Loss for Runners* this reserve consist a lot of the information with the condition of this world now. This particular book was represented so why is the world has grown up. The words styles that writer use to explain it is easy to understand. The particular writer made some investigation when he makes this book. Here is why this book acceptable all of you.

##### **Jeremy Jones:**

Many people spending their time by playing outside using friends, fun activity along with family or just

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