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The Greatest 26.2 Breakfasts for Runners: Fast Recipes to Maintain Racing Weight and for Power Performance

E.J. Grayle

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A runner’s life is challenging when training because not only must he or she eat the right things at the right time but being able to eat properly when fitting in training and eating along with work, family, and life. If you are constantly challenged with eating right – especially the most important meal of the day – The Greatest 26.2 Breakfasts for Runners will help you overcome these obstacles while at the same time give you a tasty jumpstart to each day.

Runner and author E. J. Grayle has compiled the greatest 26 breakfast to power runners like him – no matter what your skill level – to take the guesswork out of one of the biggest concerns runners have – eating right.

The Greatest 26.2 Breakfasts for Runners:Fast Recipes to Maintain Racing Weight and for Power Performance delivers 26, easy and tasty breakfast recipes for runners to help you main your weight through race season and power performance in training or on race day.

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