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Introduction 3

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The energy demands of an athlete are quite different than the energy demands of the Average Joe. Athletes require higher quality and quantity fuel. Second, it should provide enough nutrition to assist in

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recovery and cellular processes. It

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more than 50,000 fitness

industry experts and elite

athletes. We believe an

athlete's mindset is to

surpass boundaries,

continually strive for high

performance, to never settle

once a goal is achieved but

raise the bar higher and go

again.

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Introduction..... 3 Chapter

1: Macronutrients ... eing

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an athlete, especially one with a goal of becoming elite, means you'll be at a crossroads multiple times in your life. Always take that leap of faith.

1: An Introduction to the Athlete's Nutrient & Diet Basics ...

Athletes ranked in the top 30 of the world list (of their respective event) may only use the services of an Authorised Athletes' Representative (but it is also possible that athletes who are not in the top 30 list may wish to use the services of an Authorised AR).

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Still in the Fight - An Introduction to Combat Athlete ...

1.1: Introduction There are three types of physical activity. In this book, we will focus on nutrition for exercise and sports. 1.2: Introduction to Nutrition and Physical Fitness
Physical fitness is a

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general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.

MARQ Athlete - Introduction

In my future posts, I'll cover the Combat Athlete Reconditioning Program in detail. This includes the two (2) distinct tracks that my tactical athletes follow as well as the three (3) primary "Modules" I use to deliver the tools to them.

The two tracks are: Track A: Directed at the wounded, ill, or injured combat athlete who will be cleared to return to active duty and

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reintegrate with a unit.

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Gatorade - Wikipedia

As a further testament to

the methods Alex has

pioneered, my athletes have

also pushed the endurance

and strength envelop.

Melissa Hoff (2013 CrossFit

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Games competitor) also lifted in the powerlifting meet and completed the Iron distance race. I have applied, with great success, these methods to my CrossFit athletes' successes.

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The gifts of the Enneagram
Three include: Ambition:

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Threes are ambitious and have the will and energy to strive to be the best at whatever they take on. They believe in their ability to succeed. Efficient: The resourceful Three knows how to do things in a way that is efficient and productive.; Adaptable: Along with being willing to adapt to achieve their goals, Threes are able to adjust to ...

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should provide enough nutrition to assist in recovery and cellular processes.

Enneagram Type 3 – Competitive Achiever
Gatorade was created in 1965, by a team of scientists at the University of Florida College of Medicine, including Robert Cade, Dana Shires, Harry James Free, and Alejandro de Quesada. Following a request from Florida Gators football head coach Ray Graves, Gatorade was created to help athletes by acting as a replacement for body fluids lost during physical exertion.

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