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Nos performances sportives sont le reflet de notre alimentation ! Une alimentation adaptée permet d'atteindre et d'optimiser ses objectifs de course à pied ! Découvrez la Runningfood et identifiez les besoins spécifiques de votre corps pour mieux courir et éviter contre-performance ou baisse de régime. Nicolas Aubineau, diététicien nutritionniste du sport, vous livre les bases de l'alimentation du runner à travers un programme et des recettes. Découvrez ses conseils en nutrition avant-pendant-après une course et ses astuces 100 % running !

Title	:	Running Food
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