

Arnold Wiegand

Vegan + Sports

Vegan Nutrition and Endurance Sports

A vegan diet (refraining from the consumption of all animal products) is the optimal nourishment for personal well-being, vitality and health, as well as the basis for top performance in endurance sports.

In clear and concise language, Arnold Wiegand describes a realistic method for making a healthy vegan diet second nature, and combining it with endurance athletics.

Arnold Wiegand has participated in highly competitive endurance races, including marathon swims - 16,5 mile, the 101 mile run, and the Ironman-Triathlon, to name just a few. He has shown that purely vegan nourishment and endurance sports can be combined with great success.

This book makes use of detailed background information and personal experience, and will serve as a guide for those who are concerned with such questions as:

"What advantages can a vegan diet and endurance sports afford me?"

"Is a vegan diet compatible with endurance sports?"

"What are the necessary steps to achieve my fitness goals, and what do I have to pay the most attention to?"

To answer a few questions in advance:

Yes -- It is possible to acquire the knowledge needed for a healthy vegan diet and to learn the basics of endurance sports in a short period of time.

Yes -- It is possible to be a vegan and to successfully participate in endurance sports.

Yes -- There are well-known athletes, both men and women, who are vegans.

Yes -- It is possible to maintain good health with the appropriate nourishment.

Yes -- It is possible to reach one's ideal weight and to maintain it.

ISBN 3-00-017853-8



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This book includes a wealth of medical knowledge, training suggestions, and practical tips drawn from the experiences of a professional endurance athlete.

www.vegan-sports.de

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