

Go Faster Food: Over 100 Energy-boosting Recipes For Runners, Cyclists, Swimmers And Rowers By Kate Percy

By Kate Percy

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<http://www.wikihow.com/Run-Faster>

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25 Ways to Run Faster Stat | Greatist -

it's actually easier to run faster. Junk foods guarantee a sugar high, Just don't burn out before the run is over like that silly little hare!

<http://greatist.com/fitness/25-ways-run-faster-now>

Anita Bean's Sports Nutrition for Young Athletes: -

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http://en.wikipedia.org/wiki/Fast_Food

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Kate Percy - Authors - Random House Books -

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<http://www.randomhouse.com.au/authors/kate-percy.aspx>

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Loaded with energy-boosting to fill up the ravenous runners, cyclists and For more fabulously energising recipes check out Kate Percy's Go Faster Food

http://www.gofasterfood.com/fuel_up_for_action.php

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<http://youngwomenshealth.org/2013/12/05/fast-food/>

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