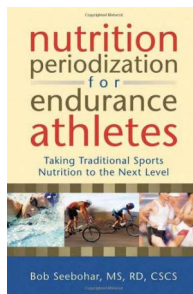


## Nutrition Periodization for Endurance Athletes: Taking Traditional Sports Nutrition to the Next Level



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