



Beneath the College Jersey: The Athlete's Guide to Healthier Nutrition, Habits, and Recovery Methods (Volume 1)

Marten J. Vandervelde

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The perfect gift for the athlete in your life. Couldn't they benefit from a healthier lifestyle??

There are 168 hours in a week ... but how college athletes spend the 150 hours outside practice has a greater impact on performance than the 18 hours spent in practice. In *Beneath the College Jersey*, Strength Coach Marten Vandervelde addresses the social and institutional challenges that interfere with college athletes reaching peak performance, then gives readers a roadmap to success. Offering practical, research-backed advice, workbook pages to track progress, and even recipes for college athletes, the book arms student-athletes with everything needed to excel in college sports, and in life after graduation.

Edited by Joe McManus

Foreword by Steve Buckley

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