

**practical sports nutrition pdf**

Football recovery strategies. Practical aspects of blending science and reality â€“ Written by GrÃ©gory Dupont, Mathieu NÃ©dÃ©lec, Alan McCall, Serge Berthoin and Nicola A. Maffiuletti DEMANDS OF THE GAME. In elite soccer, the number of competitive matches per season, including domestic, continental and international matches, can be very high for successful teams.

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