

The background of the entire cover features a person in athletic wear, specifically a black sleeveless top and shorts, against a bright yellow background. The yellow background is decorated with large, stylized geometric shapes and a pattern of small white dots. The person's face is partially visible at the top right, and their arm and torso are prominent. The overall design is modern and energetic.

# RACING WEIGHT

## QUICK START GUIDE

A 4-WEEK  
WEIGHT-LOSS PLAN  
FOR ENDURANCE  
ATHLETES

**MATT FITZGERALD**

# Racing Weight Quick Start Guide Training Plan

**Chao Zhang**



## **Racing Weight Quick Start Guide Training Plan:**

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