

The SCIENCE Behind Soccer Nutrition By Dr. Jay H. Williams

By Dr. Jay H. Williams

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Dr. Jay H. Williams is a Professor of Exercise Science in the Department of Human Nutrition, Foods and Exercise at Virginia Tech. He received his degrees in

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Dr. Jay H. Williams is a Professor of Exercise Science in the Department of Human Nutrition, Foods and Exercise at Virginia Tech. He received his degrees in

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Soccer Diet. Dr. Jay Williams, Foods and Exercise at Virginia Tech and is the author of "The Science behind Soccer Nutrition."

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which explains why the science of human nutrition is games such as Soccer and devices such as Camel Baks in the Dominican Republic

Books: The SCIENCE Behind Soccer Nutrition -

The SCIENCE Behind Soccer Nutrition: Diet and Training Journal (Paperback) ~ Dr. Jay H. Williams

The SCIENCE Behind Soccer Nutrition: Dr. Jay H -

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