



Bio-  
Hacking

# Biohacking Toolkit

**S Williams**



## **Biohacking Toolkit:**

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web the diet should consist of foods high in protein vitamins minerals and carbohydrates ensure adequate carbohydrate intake leading up to the race and also during the event prevents severe fatigue 3 learn from the experienced runners learned from the seasoned marathon runners they can be a valuable asset to help you mentally prepared

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