

Hey everyone,

Let's talk nutrition because I know that a lot of information was thrown at you today, so let me recap the basics in a handy dandy printable form.

Before training - First and foremost, always eat breakfast whether you are training that day or not. You need to supply your body with at least 200-300 calories in the morning to get your metabolism going. Those calories should come from a mixture of protein, fat, and carbohydrates.

During exercise - There are some good rules to live by. You need to drink about 4 fluid ounces every 15 minutes of working out or more on extremely hot days. This works out to be about a small water bottle per hour. **DO NOT just drink bottles and bottles of straight water.** It will actually deplete your system of sodium. It is best to drink some sort of electrolyte drink such as Gatorade Endurance, PowerAde, Cytomax, Heed, EFS, or Accelerade. Accelerade has protein in it which some studies show actually helps you perform better over long periods of time because the protein helps you more readily access fat stores and prevent muscle damage during your workout (This is still debated by many and some people have a harder time digesting the drink).

In general, you should consume 100-300 calories per hour for workouts lasting 45 minutes or longer. This includes the calories contained in your electrolyte drink. Gels typically contain 100 calories, are easy to eat while exercising, and they allow you to keep an accurate track of your calorie consumption.

Post Workout- After an extended workout (45 minutes or more) you need to consume at least a third of what you burned while exercising. For a rough estimation, the average person burns around 100 calories for every mile run.

Your body is most receptive to nutrients within 30 minutes after your workout. After that your body goes into conservation mode and will not as readily absorb the nutrients, so definitely try to eat within that window. It will help with recovery and leave you in better shape to exercise again the next day. Be sure to have a balanced meal that has both protein, fat, and carbohydrates. A peanut butter sandwich and some fruit are great.

One of the best ways to obtain the necessary calories and promote recovery after an extended workout is to consume a recovery drink. Drinks such as these are easy to consume after your workout while stretching and are formulated with the correct ratio of carbohydrates, proteins, fats, and minerals that your body needs. They help to re-hydrate and are designed to be readily absorbed. My favorite is Ultragen by First Endurance, but there are others: Recoverite by Hammer Nutrition, Endurox, and believe it or not, Ensure is a great recovery drink because it has the proper ratio of 4 grams of carbohydrates for every 1 gram of protein.

Remember every body reacts to food differently, so experiment with foods, gels, and drinks to see what works best for you. What works for one person will not necessarily work for another.

Hope this helps.

Coach Brett