

Nutrition

Special Supplements? Should we eat mainly carbohydrates? What is the Answer?

Actually, there is not one true method for every athlete, just general guidelines and common sense!!



Combination of different articles

1. As an endurance athlete you need fuel your body to meet performance demands.
 - a. For every hour you spend on a bike, you expend an average of 600-900kcal
 - b. Every 1.6km you run, you expend 100 kcals
 - c. Every 30 minutes you spend swimming, you expend 300 kcals.

On training days you should supplement your diet with foods rich in carbohydrates and protein (and low in fat). For example, after a hard training ride, replace your fuel with some protein and carbohydrates (i.e., sandwich). During the day, supplement your food intake with fruit - this will help with hydration and supply your system with carbs. Instead of coffee and cookies, have fruit and water.

2. Keep hydrated!
 - a. Fatigue and mental shutdown are often caused by dehydration
 - b. Decaffeinated/herbal teas are good if you want something other than water.
 - c. Stay away from soda, caffeine, and cappuccinos!
3. Protein and carbohydrates
 - a. We need protein for muscle recovery and repair!!!
 - b. Most endurance athletes put an emphasis on carbohydrates. Generally we need 55-60 grams of carbohydrates per hour of exercise. This is important for macronutrient for endurance.
 - c. We also need fat to keep us going (essential fat is 12% in women and 5% in men - meaning this is the amount of body fat required for normal cellular function).
4. Essential Fatty Acids
 - a. When we tend to leave fat out of our diets, (primarily women are guilty of this), we lose out on essential fatty acids necessary for immune and nerve cell function.
 - b. It also protects inner organs and allows estrogen to function properly (regular menstrual cycles are very important - it means your body hormones are in balance).
 - c. In the long run; will protect your bones.
 - d. Keeping your fat intake to 30-50 grams/day with saturated fat 10% of the daily fat intake will keep your body functioning at its best.
5. Eat at REGULAR intervals
 - a. Try something every three hours. This will keep your blood sugars from fluctuating and help starve off fatigue as well as preserving that well needed muscle glycogen.