

PERFORMANCE NUTRITION

There's no Training Out of a Bad Diet!

Training Saboteurs

Cutting carbs to a low level to drop weight quickly. Bad idea – carbs fuel your weight-training workout. Weight training builds muscle. If muscles do not have their preferred source of fuel, it becomes difficult to train as hard as necessary to make progress. [Less than 55% is too low for most athletes].

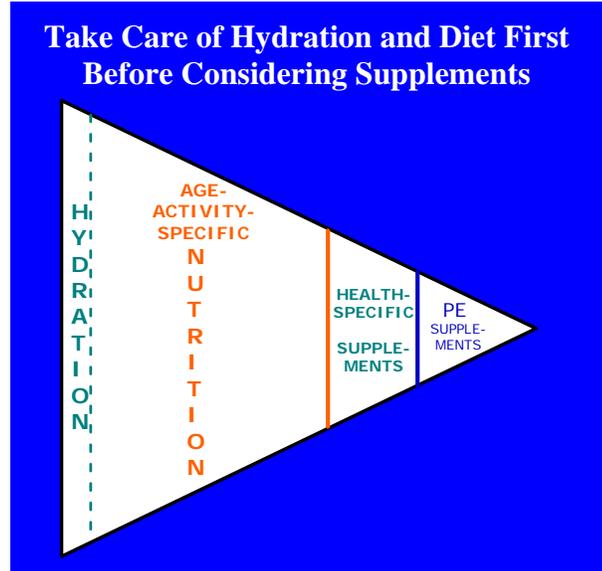
Loading up on protein. While it is important to ensure adequate protein intake when building muscle, and especially when trying to lose fat weight, excessive amounts (approx 0.75g+/lb body weight) may be stored as body fat.

Thinking that athletes can “get away” with eating whatever they want. While most active athletes will not gain bad weight to the extent that non-active individuals will, it is not all about the weight. It is about putting the right fuel into the high performance engine that is the body - at the right time to optimize activity.

Not planning to fuel. Timing of food intake can have a profound effect on performance, and failing to plan the time correctly can lead to stalled training progress beyond a certain point. [Most athletes need 4-6 feedings a day].

Chasing the latest supplement. Certain dietary supplements may play a role in training and conditioning, but diet must be addressed first; then the athlete can assess what is necessary for *their* individualized development.

Toxic people. These are friends, family, roommates jealous of an athlete's discipline for training and eating well because this exposes their own failure to do so (but they will never admit it). They can subtly hold the athlete back by using physical and emotional manipulations. *I can't believe you're not going to eat that pasta Alfredo after all the time I spent preparing it.* These are not friends!



PE=Performance Enhancement

But I work out....

Calories In:	Calories Out:
Double Cheeseburger 460	160 lb person running 9 min mile = 3.8 miles
16oz Sweet Tea 200	= 1.7 miles
Medium Fries 370	= 3.1 miles
Biscuit and Gravy 330	= 2.8 miles
2 Beers 310	= 2.6 miles

Diet Vs Supplementation

- Supplements are designed to be *supplemental* to the habitual diet – not a replacement.
- Everyone's nutritional and training needs are unique to that individual. Taking a supplement because someone else does, or because of the testimonial of a celebrity athlete is no guarantee that it will be beneficial.
- Note that supplementing the diet with one nutrient / element might actually hinder the working of another. So do not supplement mindlessly.
- It is often difficult to determine whether supplement ingredients are all safe and / or permissible for the athlete. Always consult with someone trustworthy (not the sales person) or Drug-Free Sport.
- For many claiming great muscle building results from protein and amino acid supplements, it should be noted that these products are not in any way magical, but that in most cases they have boosted the calorie intake of an inadequate diet. If an individual already has an appropriate diet for their energy needs, the additional calories from these products will merely be stored as fat.

“Value each feeding as you do your workout”

“Bodywork is 80% nutrition, 20% everything else “