

Nutrition Tips:

Male Endurance Athlete

- Carbohydrate = Fuel! If you do not get enough carbohydrate, your performance will suffer!**
 - ❑ You need to eat at least 2g of carbohydrate per pound of body weight. So, if you weigh 160 pounds, you need to eat at least 320g of carbohydrate every day to maintain your energy stores!
 - ❑ Carbohydrates are found in breads, cereals, grains, fruits, and vegetables. When choosing carbs at your meals, try to choose carbs that are minimally processed and have at least 3g of fiber per serving. Don't know how much fiber is in your foods? Just check out the label.
- YOU NEED PROTEIN! Not getting enough protein leads to muscle breakdown and decreased immunity.**
 - ❑ Make sure you try to get about 1g of protein per pound of body weight. So, if you weigh 160 pounds, you need about 160g of protein per day!
 - ❑ The best protein sources are: eggs, chicken, turkey, roast beef, lean red meats, and non-fat dairy products!
 - ❑ Make sure you have protein at all of your meals.
- HYDRATE! Losing just 2% of your body weight to fluid loss can decrease your performance.**
 - ❑ Make sure to drink at least half your body weight in water each day! So, if you are 135 pounds, you need to drink between 80 and 160 oz per day!
 - ❑ While training, make sure to drink before, during and after.
 - ❑ If your sessions are over 60 minutes or in extreme environments, consume a carbohydrate/electrolyte drink instead.
- RE-FUEL AFTER PRACTICE! You MUST get a combo of carbs and protein immediately after your practice!**
 - ❑ An easy way to do this is with an EAS shake or bar! The longer you wait to get your post-workout nutrition, the less efficient your recovery becomes.
 - ❑ How well you feel tomorrow is based on your recovery today, so, don't wait to get that post-workout combo of protein and carbs! Use this equation to find your specific needs:

Body weight / 2.2 * 0.4 = g of protein needed

and Body weight / 2.2 * 0.8 = g Carbs needed

EVENT SPECIFIC RECOMMENDATIONS

SPECIAL CONSIDERATIONS

- 1. Top off your fuel stores-** begin 7 days before the race.
Decrease training and increase carbohydrate intake.
 - Make sure you get about 2.5g of carbohydrate per pound of body weight from 7 days before to 4 days before race.
 - Consume 4.5g of carbohydrate per pound body weight from 3 days before to 1 day before race.
- 2. Do not try any new foods the day of the race!**
 - ❑ Your biggest meal should be about 3 hours before the race.
 - ❑ Try to get about 1.5-2.5g per pound of body weight of easily digested carbohydrate with a little bit of lean protein. Don't try any new foods the day of the race!
 - ❑ If you find it difficult to eat before a race, consume your meal in the form of a bar or liquid.
- 3. HYDRATION before the race:**
 - Drink ~2 cups (16oz) of fluid 2 hours before the race.
 - Drink ~1 cup (8oz) of sport drink 10 to 20 minutes before the race.
- 4. HYDRATION during the race:**
 - Consume a beverage, goo, or bar that provides both electrolytes and 30-60 g of carbohydrate (120-240 kcal) per hour to prevent fuel depletion.
 - Drink ~1 cup of fluid every 15-20 minutes.
- 5. HYDRATION and RECOVERY after the race:**
 - Drink ~2-3 cups of fluid for every pound of body weight lost.
 - Get a combo of carbs and protein as soon as you can after the repair and recover the muscle.

- 1. CONSUME ADEQUATE CALORIES!** Whether you need to add muscle mass or decrease your body fat, make sure that you are consuming adequate calories. Strength and power athletes may have calorie needs as high as 5,000!
- 2. Don't Pile on the Protein for increases in muscle mass!**
 - ❑ Your body will only use about 1g of protein per pound of body weight for building muscle
 - ❑ Getting enough fuel from healthy carbs allows the body to use protein for muscle building and not for fuel
 - ❑ If you are lacking protein in the diet from food, use a meal replacement shake or bar to meet your needs
 - ❑ If you consume too much protein and not enough fat and carbs, you risk deficiencies and low energy levels
- 3. Balanced Diet First, Sports Nutrition Foods Second.**
 - ❑ A healthy, balanced diet is key to performance for athletes of all levels. While sports nutrition foods can play a critical role in helping athletes meet nutrition needs, they cannot make up for a poor diet overall.
 - ❑ Focus on your training, eating every three hours, hydrating properly, and getting adequate carbs and protein after each and every practice and game
- 5. Vegetarian Male Athletes:** make sure to consume enough calories and make a special effort to include iron and protein in the diet.
- 6. Get Enough Rest!** More training is not always better.
 - ❑ Those who overtrain do not recover, get injured more, and get sick frequently.