



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

Q: I felt like I was gonna bonk so I put a power bar down. **TRY TO DO THIS TOWARDS THE END OF THE BIKE RIDES WHILE ON THE BIKE.....EVEN IF YOU'RE JUST SPINNING.**

I felt pretty good on the run once I got going but I still wasn't going as fast as I would have liked. I was worried because I was really tight and sore when I stopped and kind of **nauseous**. I kind of chalked it up to a day of airline travel and bad sleep the day and night before but was wondering if you think that is normal. Should I have waited longer? I was afraid to wait too long and just went ahead. I figured I can't wait on race day so why wait now. **EXACTLY.**

A: I THINK WHAT YOU EXPERIENCED (w/ nausea) IS AN ELECTROLYTE IMBALANCE.

YOU SEE, IF THE ELECTROLYTE LEVELS (SALT LEVELS) INSIDE THE STOMACH DON'T MATCH THOSE ON THE OUTSIDE OF IT (in the bloodstream) THERE IS A SITUATION OF A DIFFERENCE IN "OSMOLARITY".

THE INGESTION OF SIMPLE SUGARS (as part of our fuel source) PLAY HAVOC W/ THIS AS WELL. SO **AVOID THE 'SWEET-STUFF' ON LONG SESSIONS** AS WELL. THIS IS ESPECIALLY TRUE OF HOT DAYS WHEN YOUR, INCREASED, SWEAT RATE (ie: water & salt loss) MAKES THAT BALANCE EVEN TOUGHER TO MANAGE.

WHEN THERE IS A OSMOLARITY DIFFERENCE.....THE STOMACH BECOMES LESS PERMIABLE TO THE CALORIES INSIDE IT.....MEANING NOTHING **PASSES THROUGH.**

THIS IS WHAT IRONMAN-PRO'S CALL "**GUT-SHUTDOWN**". WHEN THIS OCCURS.....YOU CAN BE TAKING IN THE RIGHT AMOUNT OF CALORIES, BUT THEY'RE NOT BEING ABSORBED. AND KNOW THAT (INGESTION VS. ABSORPTION) IS A BIG DIFFERENCE.

SO IF THE CALORIES CAN'T LEAVE BY PASSING THROUGH.....THEY LEAVE BY THE ONLY OTHER MEANS..... **NAUSEA.** NOT GOOD.

WHAT TO DO? BEGIN BY ADDING SOME ELECTROLYTES TO YOUR CALORIE INTAKE-MIX ON LONG SESSIONS. I HIGHLY RECOMMEND THE '**ENDUROLYTES**' FROM E-CAPS (see link on our site).....THESE ARE "CHELATED" AND ARE ABSORBED MUCH QUICKER AND HAVE A MUCH BETTER IMPACT THAN OTHERS WE'VE EXPERIMENTED WITH.

SEE ATTACHEMENTS FOR MORE INFO ON THIS TOPIC.

SD