



Coach-Athlete Q&A

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

Q: Sonni, I'm gearing up for the NYC tri, and was wondering about carbo loading. Typically I make sure I eat a decent amount of carbs, starting 3 days before, mostly in the form of powerbars. I make sure to have a double dose after working out and two hours after. Is there a more precise way to prepare, and when exactly should I start loading. If you could be as detailed as possible, it would be greatly appreciated.

S.B.

A: SURE. FIRST.....LET ME SAY THAT A TRUE CARBO-LOAD SEQUENCE 1ST REQUIRED A CARB-DEPLETION PHASE AND ****THEN**** LOADING THE CARBS. THIS WAS POPULAR IN THE RUNNING BOOM OF THE 70'S/80'S.....BUT **JUST AS MANY PEOPLE CRASHED FROM THE PRACTICE AS FOUND IT SUCCESSFUL.**

SECOND.....EVEN FOR A 'CARBO-LOAD' TO POTENTIALLY BE EFFECTIVE, THOSE CARBS MUST BE COMPLEX, LONG-CHAIN POLYSACCHARIDES (AND VOID OF SIMPLE SUGARS.....MONO-SACCHARIDES.....LIKE THAT FOUND IN POWERBARS).

IF NOT, YOUR BODY BEGINS TO SECRET INSULIN IN ORDER TO 'MANAGE' THE EXTRA "FAST" CALORIES. AND INSULIN 'PEAKS' ARE FOLLOWED BY INSULIN 'VALLEYS'.

WHEN INSULIN GETS INVOLVED, THERE'S TROUBLE. THIS IS BECAUSE INSULIN'S JOB, IN MANAGING THE EXTRA CALORIES, IS TO SHUTTLE THEM TO THE APPROPRIATE PLACES. NOW IF YOU'RE WORKING OUT @ AEROBIC HR'S.....THAT 'PLACE' IS THE MUSCLES.

HOWEVER, IF YOU'RE CUTTING BACK ON YOUR VOLUME/INTENSITY (AND USING FEWER CALORIES).....AS IS THE CASE IN PRE-RACE WEEKS, THE INSULIN PEAK/VALLEY SEQUENCE SHUTTLES THE 'EXTRA' TO.....YOU GUESSED IT.....FAT STORAGE. **NOT GOOD.**

IF YOU'D LIKE TO CARBO-LOAD EFFECTIVELY, THE CURRENT RESEARCH SUGGEST THAT YOU MUST **NOT**** GO THROUGH THE 'DEPLETION PHASE' AND YOU SHOULD USE ****ONLY**** COMPLEX CARBS (LIKE MALTODEXTRIN)**.....and a little extra protein doesn't hurt, either.

YOU CAN FIND THIS IN HAMMER-NUTRION'S PRODUCT "SUSTAINED ENERGY".....(see our website). SIMPLY HAVE 3 SERVINGS PER DAY FOR 3 DAYS PRIOR TO THE EVENT.

HOPE THIS HELPS.

Sonni