



Coach-Athlete Q&A

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

Q: In addition to getting ready for the triathlon in july, i'm also trying
>to lose some fat (i forgot to mention that in my goals on my application). i
>read somewhere that if you're trying to lose weight/fat, you should wait an
>hour after working out to eat. does that mean i should wait an hour to do
>the carb drink and amino acid stuff?
km

A: ACTUALLY.....THAT'S **NOT** A GOOD IDEA. HERE'S WHY.....EATING CARBS/PROTEIN IMMEDIATELY AFTER A WOROUT ENSURES THAT YOU WON'T GO INTO A STATE THAT'S '**CATABOLIC**'.

THIS MEANS THAT, IN THE ABSENCE OF READILY AVAILABLE BLOODSUGAR, YOUR BODY WILL SECRETE AN ENZYME CALLED **CORTISOL** (READ 'FUELING THE MACHINE' ABOUT THIS).....CORTISOL'S PRIMARY FUNCTION IS TO CONVERT MUSCLE TISSUE INTO CALORIES.

NOW.....HERE'S THE RUB.....THAT'S NOT A GOOD THING BECAUSE **IT'S MUSCLE TISSUE THAT DETERMINES YOUR B.M.R. [BASAL METABOLIC RATE].....THE SPEED OF YOUR METABOLISM.**

LESS MUSCLE MEANS SLOWER METABOLISM.....SLOWER METABOLISM MEANS LESS CALORIES BURNED.....& THAT'S NOT WHAT WE'RE AFTER.

THE KEY TO LOSING THE FAT IS LIMITING THE EXCESS CALORIES (WHILE MAINTAINING BALANCE) AT **OTHER** TIMES ASIDE FROM YOUR PRE OR POST WORKOUT PERIODS.

HOPE THIS CLEARS IT UP.

Sonni