



Coach-Athlete Q&A

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

Q: I've been reading a lot of information about fueling or eating during the
> work out, but I still cant get a handle on how to eat or drink during the
> training for white lake.
> During a marathon I'd take a gel at mile one and then every 5, for the
> entire race. Plus stop and drink as much water/sports drink as possible
> walking from one end of the stop to the other. As I am getting into the
> 1.5-2 hour bike rides and EB's, its strange territory on the bike.
> I've tried accelerade and use mostly car booms/gatorade, but seems like
> most tri guys are using hammer gel. Any suggestions? TH

A: HERE'S THE DEAL.....THERE ARE 3 ASPECTS OF ENDURANCE NUTRITION THAT YOU NEED TO FOCUS ON:

- 1-HYDRATION(WATER)
- 2-CALORIC INTAKE.....(FUEL)
- 3-ELECTROLYTES.....(SALTS)

I HIGHLY RECCOMEND TRYING TO *SEPARATE* YOUR INTAKE OF THESE 3 NUTRIENTS, BECAUSE VERY RARELY ARE THEY EVER COMBINED IN THE RIGHT RATIOS WHEN LUMPED TOGETHER IN SOME PRODUCT LIKE GATORADE OR ACCELERADE.

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1--W/ REGARDS TO HYDRATION.....YOU NEED TO SHOOT FOR 20-26 OUNCES OF WATER PER HOUR (depending on conditions). MORE THAN THAT, AND YOU BEGIN TO SATURATE YOUR SALT LEVELS. THIS LEADS TO A STATE CALLED "HYPONATREMIA". AT FIRST, THIS IS JUST BLOATING AND 'SLOSHING'.....BUT IT PROGRESSES TO MUSCULAR CRAMPING AND NAUSEA. SHOOT FOR 20-26 OUNCES OF *WATER* PER HOUR.

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2--W/ REGARDS TO CALORIC INTAKE.....YOU NEED TO GET THEM IS AS SIMPLY DIGESTABLE FORM AS POSSIBLE. (read this over and over and over). THIS MEANS THAT SOLID FOOD IS OUT *DURING* A HALF-IM. IT DRAWS WATER *OUT* OF THE BLOODSTREAM, PUMPING IT *BACK* INTO THE STOMACH FOR DIGESTION. THIS MIMICS DE-HYDRATION.

THIS IS WHY LIQUID FUELS (DRINKS) AND GELS ARE BEST.

NOW THE 'CATCH' IS THAT YOU SHOULD ATTEMPT TO GET AS MANY OF THESE CALORIES IN AS **COMPLEX** A CABOHYDRATE FORM AS POSSIBLE. OTHERWISE, YOU SLOW ABSORBITION AND CREATE GI-DISTRESS (NAUSEA). WHEN I SAY "COMPLEX".....THIS MEANS MALTODEXTRIN, *NOT* ANY CARB THAT ENDS IN "-OSE" (dextrose, fructose, sucrose). THESE ARE SIMPLE SUGARS.

THIS IS WHY GATORADE AND ACCLERADE ARE *NOT* GOOD FORMS OF CARB-DELIVERY. THEY ARE MADE UP PRIMARILY (if not completely) OF SIMPLE SUGARS AND CAN BE ABSORBED @ RATE OF ONLY 5-6% IN WATER.

SO TO GET THE NUMBER OF CARBS YOU REALY NEED (in that 6%), DO YOU SEE HOW MANY OUNCES OF WATER YOU'D HAVE TO INGEST. AND REMEMBER, (see 'hydration' above), WHEN YOU EXCEED 20-26 OUNCES.....YOU'LL FIX ONE PROBLEM (getting energy/fuel).....ONLY TO CREATE ANOTHER @ THE SAME TIME!!

SIMPLE SUGARS ARE FINE.....*AFTER* AN EVENT. NOT BEFORE OR DURING.

THIS IS WHY MOST TRIATHLETES USE HAMMER-GEL. IT IS THE LOWEST "SIMPLE-SUGAR GEL" AVAILABLE. BETTER THAN GU & CARBOOM, AND *MUCH* BETTER THAN POWER-GEL AND CLIF-SHOT.

NOW.....HOW MANY CALORIES-PER-HOUR DO *YOU* NEED???

WELL, IN AN IM, YOU'LL USE ABOUT 700+-PER-HOUR.....BUT YOU CAN ONLY ABSORB (@ your size) ABOUT 300-315calories AN HOUR. SO WHERE DO THE REST COME FROM???



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YOU GOT IT.....FAT!!!. [Now you can see why it's critical to be able to go fast @ *LOW* hr's, aerobically, so that a higher % of fat-fuel can be used.....allowing the bloodsugar (called 'glycogen') to go further.]
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3--NOW THE TOUGH ONE.....ELECTROLYTES. BASICALLY, THESE ARE MINERALS (*salt* being the most prevalent) THAT CONDUCT ELECTRICITY IN YOUR BLOOD. WITHOUT THIS "CONDUCTION", YOU WILL SHUT DOWN. PERIOD.

YOUR GOAL IS TO KEEP SALT LEVELS IN A NORMAL RANGE.....NOT TOO HIGH NOR TOO LOW.

IN A HALF-IM (especially if it's a hot day and you'll LOSE alot of salt & others electrolytes) YOU MUST SUPPLEMENT THESE!!!!

NOW, MANY PEOPLE THINK THAT THEY GET ENOUGH IN AN "ELECTROLYTE DRINK".....AND WHILE THAT IS BETTER THAN PLAIN WATER, IT'S NOT NEARLY ENOUGH. IN FACT, FOR IT TO BE ENOUGH IN THE RIGHT CONCENTRATION, IT WOULD HAVE TO TASTE LIKE CHICKEN-BROTH. [Which is why they DO serve chicken-broth @ the aid stations in Ironmans!!]

CHICKEN BROTH WOULD BE A HARD SELL AS A SPORTS-DRINK.....SO COMPANIES [LIKE GATORADE] DEVELOPE THEIR PRODUCTS (ACCELERADE, TOO) BASED ON THE "MARKETABILITY OF TASTE". THIS IS FINE IF YOU'RE PLAYING A ONE-HOUR PICK-UP BASKETBALL GAME.

NOT GOOD IF YOU'RE PROPELLING YOURSELF OVER 70MILES IN A HALF-IM.

SO.....KNOWING THIS, YOU MUST ADD ELECTROLYTES (and best to do it is tablet form, unless you really like salty tasting stuff during a tri) TO YOUR RACE-PLAN MIX..... HOW MUCH?

THIS IS WHERE IT GETS TRICKY, BECAUSE, WHILE I CAN GIVE YOU HARD-n-FAST NUMBERS FOR HYDRATION-PER-HOUR AND CALORIES-PER-HOUR.....YOUR SALT/ELECTROLYTE-PER-HOUR NEEDS IS AS INDIVIDUAL AS HAIR-COLOR.

SO HOW DO YOU FIND WHAT AMOUNT IS RIGHT FOR YOU?.....GOOD-OLE-TRIAL AND ERROR.

BEGIN BY TAKING 2-ENDUROLYTES (Hammer-nutrition's eleC-tab) PER HOUR. IF YOU GET NO "SLOSHING" OR GI-CRAMPING.....BUMP IT TO 3.....EVEN 4 OR 5 ON HOT DAYS.

IF YOU GET *MUSCULAR* CRAMPS.....YOU NEED MORE SALT. IF YOU LOSE MORE THAN 3% BODY WEIGHT OVER LONG TRAINING SESSIONS.....YOU NEED MORE (salt retains water).

IF YOU GET STOMACH OR KIDNEY CRAMPING (OR DON'T LOSE *ANY* WATER-WEIGHT IN TRAINING).....YOU CAN GET BY ON LESS.

FOR THESE REASONS, WE HIGHLY RECCOMEND WEIGHING YOURSELF BEFORE AND AFTER THE LONGER ENDURANCE BRICKS AND RIDES.....SO YOU CAN BEGIN TO DIAL-IN THE RIGHT AMOUNT FOR YOU.

HOPE THIS HELPS.....LET ME KNOW IF YOU HAVE ANY QUESTIONS ON IT.

> Also Its been 4 weeks of training and dropped 7.6 pounds, does that seem
> about right? **RIGHT ON TRACK.....ABOUT 2-LBS/WEEK.**

GREAT WORK!!

Sonni