



Coach-Athlete Q&A

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

Q: Sonni

- > I am trying to get leaner (lower body fat %) without losing muscle mass. I
- > have lost alot already but seem to be plateauing. That last bit on the
- > abdomen! I have done alot of reading and most seem to say eat:
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- > 8-9gm carb/ kg & 1.8-2.0gm protein kg.
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- > The protein is easy and reasonable. The carbs seem really high. This is
- > almost 4000 cal/day. What do you think?

A: THAT MAY, INDEED, BE A LITTLE HIGH. BUT IT ALL DEPENDS ON OUR OWN BASAL MATABOLIC-RATE AND DAILY BURN AMOUNT.

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- > In your manual you go over nutrition but you dont give specifics. I am not
- > sure how detailed you get with this. I am currently tracking all calories
- > and grams to try and succeed. I am currently 188lb and 11% body fat. I would
- > like to be 8%.
- >
- > Thoughts/Advice?

HERE'S YOUR RULE OF THUMB.....KEEP A LOG THAT LET'S YOU KNOW EXACTLY HOW MUCH YOU'RE TAKING IN PER DAY FOR 5 DAYS.....THEN TAKE AN AVERAGE. TO KNOW WHERE YOU'RE GOING, YOU'VE GOT TO KNOW WHERE YOU'RE AT.

IF YOU WANT TO LOSE 3% (WHICH REPRESENTS 5.64LBS OF 188LBS.) YOU'LL NEED TO CREATE A DEFICIT OF 3500CALORIES FOR EACH ONE OF THOSE 5.64LBS. THAT'S A TOTAL DEFICIT OF 19,740 CALORIES.

NOW, THERE'S A RIGHT AND WRONG WAY TO DO THIS.

I'D ONLY CUT ABOUT 50 CALORIES PER DAY SO THAT ENERGY AND TRAINING DOESN'T SUFFER. KNOWING THIS.....[AND DOING IT].....IT'LL TAKE ABOUT 40DAYS UNDER YOUR CURRENT TRAINING LOAD AND SIMILAR EATING.....BUT IT'LL BE MORE PERMINANT.

SONNI