



## Coach-Athlete Q&A

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

**Q:** More nutrition. Currently, I have been staying away from any energy source >during training. My thoughts are especially during base, I should stay away >from gels or carb drinks. This will help ingrain the burning of fat for >energy rather than relying on the source that I ingest. Your thoughts?

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**A:** WELL, THAT WAS THE THOUGHT OF ANDY HAMPSTEN YEARS AGO WHEN HE TRIED SIMILAR PRACTICES.....HE THOUGHT 'TRAIN WITHOUT' (AND FORCE FAT-METABOLISM).

I THINK THAT PHILLIP MAFFETONE DE-BUNKED THAT BEST IN THE EARLY 90'S WHEN HE THERIORIZED.....AND, AS WE KNOW NOW, HE THERIORIZED VERY CORRECTLY.....[PAGE 18 IN HIS BOOK, "TRAINING FOR ENDURANCE"]:

"...WHEN AN ENDURANCE ATHLETE FATIGUES IN A RACE (OR TRAINING), IT IS DUE TO A LOSS OF AVAILABLE GLUCOSE NECESSARY TO SUSTAIN THE CONVERSION OF \*\*\*FAT\*\*\* TO ENERGY IN THE AEROBIC MUSCLE FIBER."

IN OTHER WORDS, IF YOU WANT TO MAINTAIN FAT-METABOLISM THERE MUST BE CARBS PRESENT. WHEN NO CARBS ARE PRESENT AND READILY AVAILABLE TO 'IGNITE' THE FAT FOR USE.....THE BODY CHOOSES ANOTHER CALORIE SOURCE TO SUSTAIN ENERGY.....(AND HERE'S THE BAD NEWS)...PROTEIN.

AND IT DOES SO BY STRIPPING AWAY MUSCLE-TISSUE (VIA CORTISOL PRODUCTION) TO ALTER THAT PROTEIN INTO A USEABLE CALORIE SOURCE....AMINO ACIDS.

DON'T STARVE YOURSELF OF CARBS WHEN TRAINING. THEY ARE THE "LIGHTER FLUID" THAT HELPS THE STEADY BURN OF THE "LOGS" (FAT).

**Sonni Dyer**