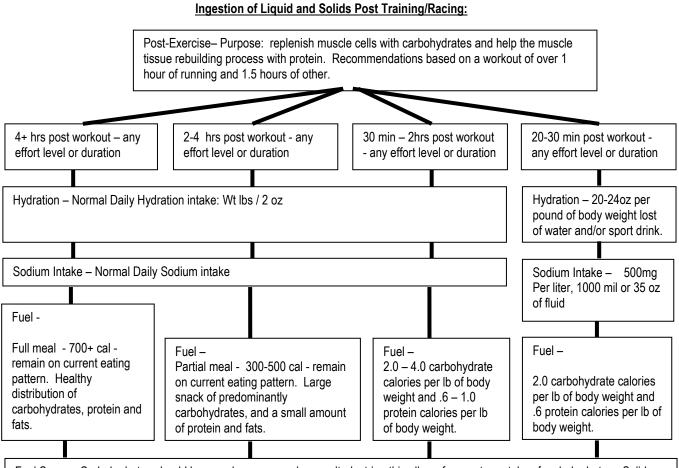
Multisport Endurance Training/Racing and Nutrition

The essentials of endurance training/racing do not include just training principles and accessories but also the nutrition behind the training and racing. The following information is too used as guidelines to develop better nutrition and eating behaviors habits that will assist you in managing your nutrition requirement post training and racing.



Fuel Source: Carbohydrates should be complex sugar such as maltodextrim, this allows for greater uptake of carbohydrates. Solid sources include low fat chocolate milk, most fruit, or wheat bread w/peanut butter, pita bread with hummus, energy bars, yogurt and a protein recovery drink are examples. This will enable you to recover quicker, "repack" muscle cells with glucose and aid in tissue repair. In addition several manufactures have created recovery drinks including Cytosport Recovery and Power Bar recovery which provide you with essential macro nutrients, to aid in recovery from workouts. These can be valuable aids in helping you to recover but can also be expensive.

Sources:

USAT – Level 1 Coaching Manual Nutrition Science for the Multisport Athlete, Jennifer Hutchins and Sports Nutrition for Triathlon Coaches, Bob Seebohar Academy of Nutrition and Dietetics

Powers & Howley, Exercise Physiology, Theory and Application to Fitness and Performance, 1994 Practical Application to Nutrition for Endurance Athletes

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