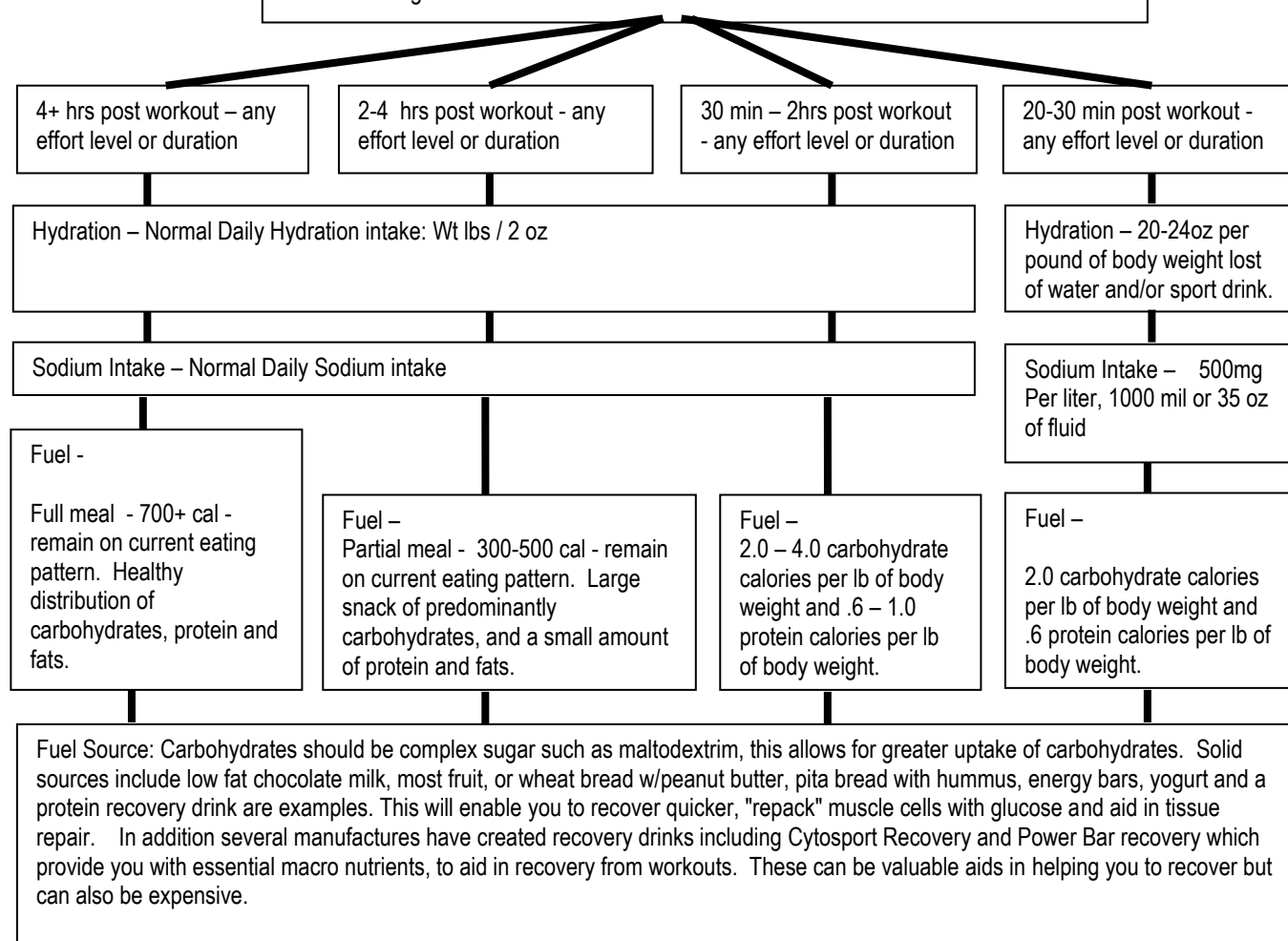


Multisport Endurance Training/Racing and Nutrition

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.

Ingestion of Liquid and Solids Post Training/Racing:

Post-Exercise– Purpose: replenish muscle cells with carbohydrates and help the muscle tissue rebuilding process with protein. Recommendations based on a workout of over 1 hour of running and 1.5 hours of other.



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
 American College of Sports Medicine
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