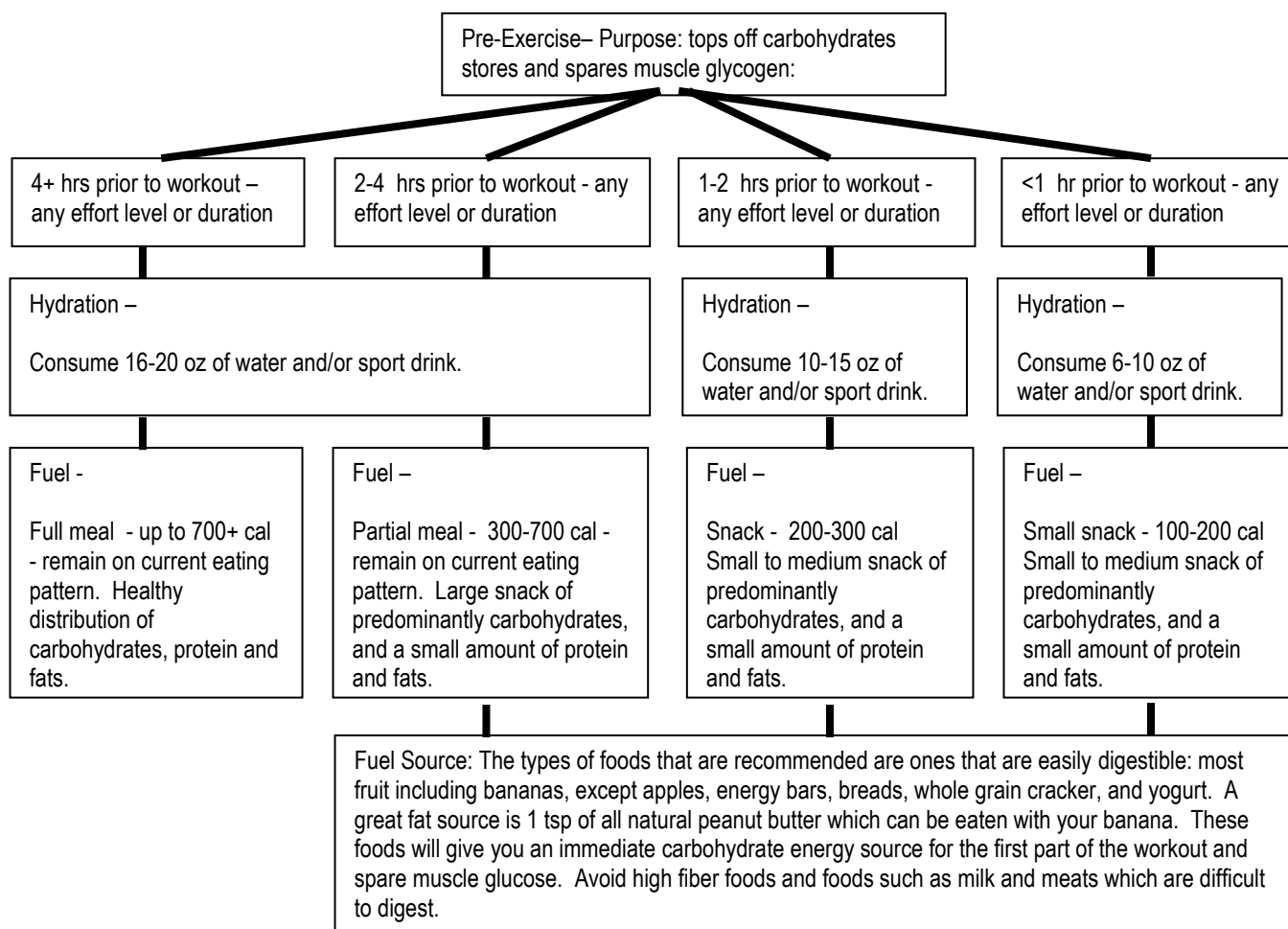


Multisport Endurance Training/Racing and Nutrition

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 pre training and racing.

Do not eat a full meal 3-4 hours before exercising. When you begin exercising blood rushes to working muscles. Blood rushing away from the stomach to working muscles does not allow for proper digestion of food during exercise, which may result in cramps and inhibits blood and oxygen perfusion to working muscles. In addition, eating a large carbohydrate meal within 1 hour of exercise may cause muscle glycogen to be used at a greater rate, thus reducing performance (1).

Ingestion of Liquid and Solids Before Training/Racing:



Sources:

USAT – Level 1 Coaching Manual Nutrition Science for the Multisport Athlete, Jennifer Hutchins and Sports Nutrition for Triathlon Coaches, Bob Seebohar, 2017
 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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