



PEAK ATHLETICS/GATA
NEW ATHLETE WELCOME PACK

*Tips for Getting Maximum
Results from Your Training*

Caleb Williams and Ryan Goldin
Creating Superior Athletes

(678) 315-4819 (770) 714-5782

So many athletes work so hard in and out of season on conditioning, strength training, technique, and practicing but are held back year after year in their performance, endurance, and strength because they are missing a very important weapon in their arsenal...a solid nutrition plan designed to make them a better athlete.

Nutrition Guidelines

Proper Nutrition plays a huge role in your progress, performance and success.

What does a solid Nutrition Plan consist of? Let's start with the basics...There are 5 groups of food and nutrition that need to be addressed. Protein, Carbohydrates, Fats, Vitamins, and Minerals.

Protein

Protein is used mainly by your body for the growth and repair of body tissues. Protein will have an effect on building muscle, holding muscle while cutting, your recovery abilities and your overall performance.

The best sources of protein come from

- Beef
- Chicken
- Legumes (Beans)
- Eggs
- Fish
- Nuts
- Dairy
- Grains

Carbohydrates

Carbs are the #1 source of energy used during intense activity. There are 2 general types of carbohydrates: Simple and Complex. Foods containing Simple Carbs consist of candy, soda pop, sweets, etc. Eating simple carbs causes a spike in the insulin levels in your body. This causes a "crash" in energy levels as well as resulting more stored bodyfat. The only time it can be beneficial is immediately post-workout, and only if bodyweight is not an issue.

Complex Carbs are the best to consume. Complex carbs consist of grains, rice, pasta, potatoes, etc. However, there are some that will benefit your performance more than others. Stick to dark carbs as much as possible, i.e. sweet potatoes, brown rice, whole grain breads and pasta, etc. Dark carbs typically have a lower Glycemic Index Rating than white carbs. This means that they are released steadily into your bloodstream, avoiding the insulin spike and "crash" and bodyfat gained from Simple Carbs. Examples of Complex Carbs include:

- Bread
- Rice
- Potatoes
- Pasta
- Waffles
- Pancakes

Fats

Despite what many people think, fats play many valuable and essential roles in the body including cushioning and protecting organs, lubricating joints, they are used for an energy source (mainly for aerobic exercise), and can shorten your recovery time between training.

When consuming fats you need to be careful, there are good and bad fats. Bad Fats consist of hydrogenated oils and any oil that is a solid a room temperature. Each gram of fat contains 9 calories.

Good Fats can be consumed through

- Nuts
- Fish
- Meat
- Dairy
- Flaxseed Oil
- Omega Oils
- Canola Oil
- Safflower Oil
- Extra Virgin Olive Oil

Vitamins

Vitamins are essential in your diet. They help regulate metabolic reactions in your body and can also help to keep your immune system functioning at full strength. You can not get Vitamins through your diet so it is essential to supplement with them. It can be hard for your body to process and absorb all the vitamins it needs in one dose per day so be sure to get a vitamin that you can take 2-3 times per day.

Minerals

Minerals are also unable to be produced by your body so you must get them from your diet. They play many important roles in the body including forming strong bones and teeth, help control the nervous system, fluid balance in tissues and muscle contractions. This is the reason why supplementing with minerals can help to reduce cramping while competing, training or cutting weight by helping to maintain a healthy balance of electrolytes.

Tips to Ensure your Success

Now that we have a basic understanding of the nutrition your body needs to perform at optimum levels, let's get into some pointers that will help you design your nutrition plan, stay consistent with it and, most of all, transform you into a superior athlete.

Eat Frequently

This is a place where athletes often stumble. It is necessary to consume a larger number of smaller meals throughout the day. This increases your metabolism and promotes an anabolic, or muscle building, state in your body. It will help you have more energy throughout the day, burn more calories by having a faster metabolism, and promote fat loss...not muscle tissue or water. An athlete should consume a "feeding" every 3-4 hours and have between 4-6 "feedings" per day.

Eating more frequently can be made very easy with a little bit of planning. Plan for the week ahead so you don't get stuck and be inconsistent with your nutrition. You can cook a large amount of something that can be consumed easily during the week and cut down on prep time. Packing meals for the following day will also help you to stay consistent.

ALWAYS Eat Breakfast

One simple but often overlooked part to a solid nutrition plan is a good breakfast. Due to a busy lifestyle, being lazy, or any number of other reasons many people eat a very skimpy breakfast or worse don't eat breakfast at all! Doing this makes lunch your first meal of the day with any nutritional value!!

While you were sleeping your body burned whatever you ate the day before and has to continue burning something, such as the muscle you have worked so hard to build. Breakfast is the most important meal of the day so treat it that way!! Breakfast will provide your body with the fuel you need to perform at its best, keep your metabolism up and promote recovery and muscle growth.

There are many options for a good breakfast depending on your time constraints. You can prepare eggs and wheat toast, oatmeal and mix in peanut butter, or if you're in a huge rush a good meal replacement protein shake with a piece of fruit is much better than nothing.

The Importance of Hydration

Your body is made up of over 90% water, so it stands to reason that water is of extremely high importance when it comes to accomplishing your goals.

Water plays several key roles during exercise. Any time you burn stored body fat for fuel; waste by-products are made and introduced into your blood stream. By simply drinking a bottle of water during your workout sessions, you can do a lot to flush out and remove those waste by-products.

Water is also very important for muscular contractions. Without the right water balance, your muscles can't contract as hard as they normally could, leading to lackluster performance and a decrease in the effectiveness of your workouts.

A drop in body water volume of a mere 1% can cause a reduction in performance of over 10%. That means you'll have to exert yourself much harder during your workouts to achieve the same results you'd get if you just drank some water!

And last, but certainly not least, water can really help you to reduce the soreness you feel after an intense bout of exercise.

Muscular contractions (like those you experience during exercise) cause the release of a chemical called hydroxyproline from the connective tissues and muscle cells. This chemical is very irritating to the nerve endings and is the direct cause of delayed onset muscle soreness (the soreness you feel the day or two after you workout). Your body will naturally bind this chemical and remove it, but drinking plenty of water, both during and after exercise, will speed up that process dramatically.

Pre-Workout Nutrition

One of the most important things you can do to ensure an effective, goal-accomplishing workout is to fuel your body properly.

To do that, it's important that you eat 1 ½ to 2 hours before you come in for your workout. This will ensure you have the fuel required to produce the energy you'll need to make it through your exercise routine.

Just be sure to give your body enough time to properly digest your food before you begin to exercise. If you don't, you're likely to get stomach cramps and indigestion.

Make sure your pre-workout meal contains plenty of carbohydrates. Since they will be your main source of energy during strenuous activity, about 50-60% of the meal's total calories should come from carbs.

The remaining 40-50% of your pre-workout meal's calories should be equally divided between protein and fat. The fat in the meal will supply some extra energy to fuel the muscular contractions, and the protein will aid in preventing excess muscular damage.

Fueling your body before your workout is one of the most important things you can do to ensure you have the energy required to perform your exercises to the best of your ability.

Recovering from Training

In order to maximize your gains from training and practice you must treat your recovery just as seriously as your training.

Post-Workout Nutrition

Proper Post-workout nutrition is a very important part of recovery; it will enable you to capitalize on your training by accelerating your recovery time and muscle growth, replenishing your glucose stores and decreasing muscle soreness.

Within 60 minutes after a workout, you need to replenish the fuel stores that you burned during training. It must be done within this time frame because your body is much more receptive during this period, absorbing a higher percentage of nutrients and will prevent your muscle glycogen synthesis rate from dropping significantly.

An ideal post-workout supplement should consist of 30-50 g of protein and 40-100 g of carbohydrates, depending on your bodyweight. It is best to have this in liquid form since it is absorbed and digested faster and more fully than whole foods, but if a liquid is not an option then meet your post-workout requirements with whole foods.

And by consuming your recovery drink within the 60 minute window following your workout, you ensure that all the calories and nutrients go to the muscles instead of your fat tissue. This will lead to an increased metabolism, increases in strength, and overall dramatically improved results in minimal time.

As mentioned earlier, when a muscle is forced to contract harder than usual (like during exercise), the actual muscle cells get damaged to a small degree. This can lead to soreness in the day or two immediately following your workout.

Your body will remove the chemicals that are causing the soreness all on its own. Then it will work to repair the damage caused during your workouts. But your body doesn't stop there...

In an attempt to prevent future damage and soreness, your body will not only repair the damage, it will also build your muscles back just a little bit stronger than they were before. This is what causes the actual gains in muscle size, strength, and efficiency, which ultimately lead to the results you're after.

Rest and Recovery Modalities

Sleep. It's something we all like to do. We spend about 1/3 of our lives sleeping. But did you know its vitally important if you want to see optimal results from your workouts?...

Your muscles don't get bigger, stronger, or more efficient while you're working out. The workout is just a stimulus for your body to respond to. The actual increases in size, strength, and efficiency take place while you're at rest.

If you don't allow your body to rest, it can't properly recover from the workouts you subject it to. That means you won't see the results you're after as rapidly. So, if you want results as fast as possible, make sure you get plenty of rest and at least 8-9 hours of sleep each night.

Other effective methods for recovery include ice, heat, contrast bathing/showers, massage and using a foam roller.

Be Consistent

The key to anything worth doing is consistency. This holds true for nutrition also. Staying consistent day in and day out each week will result in huge strides forward in the gym and in your performance!

You will be able to stay consistent by planning ahead for the coming day and week. Preparing breakfast, lunch, and snacks for the next day make it much more convenient and gives you no excuses if you are busy. You could also prepare a large amount of food that can be reheated throughout the week. This cuts down on prep time while still providing the nutrition you need. You could prepare chicken, beef, pasta, or anything you like. There are many healthy options now that take very little prep time...Boil-in-a-bag brown rice, quick cooking meats, etc.

Keep up your Strength Training

During the off-season, most athletes are beginning to recognize the huge benefits that strength training has on their performance in season. Many athletes are training hard to get as strong, fast and powerful as possible during this time. But then they quit as soon as the season begins. **YOU HAVE TO CONTINUE STRENGTH TRAINING DURING THE SEASON!** If you don't, you will lose the strength you worked so hard to gain during the off-season and may not have what it takes when the critical time comes. Through practicing, competing, and training your body will begin to use muscle as fuel. Much of this can be avoided by maintaining a well-designed In Season Strength and Nutrition Program focusing on full body training that is specific to your sport.

Take these tips and put them to use to help you on your way to becoming a Superior Athlete! For more information or with questions, email Ryan Goldin (rg5520@yahoo.com) or Caleb Williams (caleb@peakstrengthandfitness.com)