

GUIDELINES TO PROGRESS

1. **SLEEP AND REST**- YOU NEED TO GET AT LEAST 8 HOURS OF SLEEP A NIGHT. THIS IS WHEN THE BODY RECOVERS AND REBUILDS. 8 HOURS ARE A ROCK BOTTOM MINIMUM AND 10 HOURS ARE EVEN BETTER. IF YOU CAN, TAKE A SMALL NAP IN THE MIDDLE OF THE DAY. REST IS A BIG PART OF THE GAINING PROCESS AND YOU WON'T MAKE BIG GAINS IF YOU DO NOT GET THE PROPER AMOUNT OF SLEEP.
2. **CONSISTANCY**- YOU MUST BE CONSISTANT IN ALL ASPECTS OF YOUR TRAINING THIS INCLUDES DIET AND SLEEP. IT DOESN'T DO YOU ANY GOOD TO EAT AND SLEEP WELL THREE DAYS A WEEK AND TAKE THE REST OFF. TO BE A GREAT ATHLETE TAKES DISCIPLINE AND HARD WORK.
3. **DIET**- YOUR DIET IS JUST AS IMPORTANT AS YOUR REST. YOU CAN WORK OUT AS HARD AS YOU WANT, BUT WITHOUT THE PROPER DIET YOU WON'T GET THE MOST OUT OF YOUR BODY. YOU NEED TO EAT 6 MEALS A DAY. THREE REGULAR MEALS, WHICH INCLUDE BREAKFAST, LUNCH AND DINNER. IN BETWEEN MEALS YOU MUST EAT THREE SNACKS. SNACKS CAN CONSIST OF A SANDWICH AND A PIECE OF FRUIT OR A PROTEIN SHAKE AND A PIECE OF FRUIT. AS YOU CAN SEE IT DOESN'T HAVE TO BE A LOT OF FOOD, JUST 6 SMALL MEALS EVERYDAY. WHEN YOU FEED THE BODY THREE LARGE MEALS A DAY AND DO NOT EAT IN BETWEEN, THE BODY ACTUALLY GOES

INTO A SHUT DOWN MODE. WHEN YOU DO NOT EAT FOR A LONG PERIOD OF TIME YOUR BODY THINKS IT IS STARVING AND TAKES ALL THE FOOD THAT YOU HAVE EATEN AND USES WHAT IT NEEDS AT THAT TIME AND STORES THE REST FOR LATER USE. THIS EXCESS IS STORED AS FAT. WHEN YOU EAT LIKE THIS YOUR METABOLISM SLOWS DOWN AND YOUR BODY WILL HAVE LESS ENERGY. WHEN YOU EAT SMALL MEALS ALL DAY YOUR BODY USES WHAT YOU HAVE JUST EATEN AND DOESN'T STORE ANY, BECAUSE IT KNOWS IT IS GOING TO GET MORE FOOD AGAIN IN A SHORT WHILE. YOUR METABOLISM WILL ACTUALLY SPEED UP FROM EATING THIS WAY. YOUR BODY WILL BECOME MORE EFFICIENT AND I GUARANTEE YOU WILL NOTICE A BIG INCREASE IN ENERGY. EATING THIS WAY ALSO TAKES TIME AND DISCIPLINE. YOU MUST MAKE MEALS AHEAD OF TIME. MAKE SANDWICHES AND SHAKES THE NIGHT BEFORE YOU GO TO BED SO THAT YOU ARE ABLE TO TAKE THEM TO CLASS WITH YOU. DON'T USE THE EXCUSE "I DIDN'T HAVE TIME", SANDWICHES ARE EASY TO MAKE AND FIT NICELY INTO YOUR BACKPACK. NOW, MY ATHLETES TRYING TO GAIN WEIGHT MUST EAT THE SAME NUMBER OF MEALS A DAY, BUT THEY NOW NEED TO GET EXTRA CALORIES. BUT AGAIN YOU WANT THEM TO BE QUALITY CALORIES. YOU WILL ONLY GET FAT IF YOU ARE TAKING IN A LARGE AMOUNT OF JUNK FOOD FOR YOUR EXTRA CALORIES. YOUR BODY DOES NOT WORK AS EFFECTIVELY OFF OF JUNK FOOD AS IT DOES WITH GOOD WHOLESOME FOOD. YOU NEED TO TAKE IN ABOUT 500 EXTRA CALORIES MORE THAN YOU BURN UP EXERCISING A DAY TO GAIN WEIGHT AND IT MUST BE AN

EVERYDAY THING. THE “GET BIG DRINK” IS AN EXCELLENT WAY TO GET THOSE EXTRA CALORIES IN THROUGHOUT THE WHOLE DAY, BUT THERE ARE MANY OTHER WAYS. A LOT OF THE ATHLETES I TALK TO WHO TELL ME THEY CAN’T GAIN WEIGHT, OR AREN’T MAKING GAINS IN THE WEIGHTROOM DO NOT HAVE A GOOD DIET. REMEMBER LIFTING, RUNNING AND PRACTICING ARE ALL LITTLE PARTS OF THE BIG PICTURE. IF YOU WANT TO BE THE BEST ATHLETE YOU CAN BE YOU MUST WORK HARD ON ALL AREAS.

NOW YOU ASK WHAT KINDS OF FOODS SHOULD I BE EATING? WELL FIRST OFF YOU NEED TO STAY AWAY FROM FAST FOOD. THERE IS A LOT OF BAD FAT IN FAST FOODS THAT DO NOTHING FOR YOUR PROGRESS AS AN ATHLETE. YOU NEED TO TRY AND COOK AT HOME AS MUCH AS POSSIBLE. THAT WAY YOU KNOW WHAT IS IN THE FOOD AND HOW IT WAS PREPARED. WHEN MAKING MEATS, IT IS ALWAYS BETTER TO GRILL, THE EXCESS FAT DRIPS AWAY RATHER THAN SITTING IN THE BOTTOM OF A PAN.

NOW LETS GET INTO THE NITY GRITTY. **WATER** IS A MUST AND LOTS OF IT. YOUR BODY IS MADE UP OF APPROXIMATLY 75% WATER. WHEN YOU EXERCISE AND SWEAT YOU LOOSE SOME OF THIS WATER AND **MUST** REPLACE IT. THIS IS ONE ASPECT THAT CAN’T BE OVERLOOKED. FOR COMPETITION IT IS WISE TO COMPLETELY HYDRATE THE DAY BEFORE AN EVENT AS WELL AS IMMEDIATELY BEFORE, DURING, AND AFTER. ONE PINT OF WATER LOST IN THE BODY = ONE POUND OF BODY WEIGHT LOST. **AS MUCH AS 3% DEHYDRATION IN A MUSCLE CAN RESULT IN ABOUT 10% LOSS OF CONTRACTILE STRENGTH**

AND AN 8% LOSS OF SPEED. WATER IS THE MOST IMPORTANT NUTRIENT IN YOUR BODY!

THE NEXT THREE AREAS ARE PROTEIN, CARBOHYDRATES, AND FAT. PROTEINS ARE THE FIRST AREA WE WILL COVER, BECAUSE IN MY OPINION THIS IS ONE AREA THAT IS OFTEN CONFUSED AND OVERLOOKED BY ATHLETES.

PROTEINS (4 CALORIES PER GRAM)– IN AN ATHLETES DIET ARE JUST AS IMPORTANT AS CARBOHYDRATES. AN ATHLETE LIKE YOURSELF NEEDS TO TAKE IN 1.8-2.2 GRAMS OF PROTEIN FOR EVERY KILO OF BODY WEIGHT, PER DAY. IT HAS BEEN PROVEN THAT ATHLETES, ESPECIALLY ONES WORKING AS HARD AS YOU DO, NEED THIS MUCH PROTEIN FOR RECOVERY. YOU ARE NOT A NORMAL JOE LIVING A NORMAL LIFESTYLE. YOU WORK HARD AND TEAR YOUR MUSCLES DOWN EVERYDAY. YOU NEED THIS EXTRA PROTEIN TO BUILD THEM BACK UP. IT HAS TO BE GOOD PROTEIN, SUCH AS TURKEY, CHICKEN, LEAN BEEF, PEANUT BUTTER. THESE ARE JUST A FEW EXAMPLES OF THE GOOD PROTEINS. DON'T TAKE IN TOO MUCH FATTY BEEF TO GET YOUR PROTEIN REQUIREMENTS OR YOU WILL END UP BEING FAT JUST LIKE YOUR BEEF. DON'T FORGET, PROTEINS ARE THE BUILDING BLOCKS OF MUSCLE, WITHOUT IT YOU WON'T GROW.

CARBOHYDRATES (4 CALORIES PER GRAM) – CARBOHYDRATES FORM THE PRIMARY FUEL FOR YOUR BODY. ATHLETES CAN'T MAKE PROGRESS ON LOW CARB DIETS. DON'T FORGET THAT EVERY TIME YOU LIFT, EVERYTIME YOU PRACTICE, YOU BURN CALORIES. CARBOHYDRATES SHOULD BE EATEN WITH EVERY MEAL OR SNACK. AS AN ATHLETE YOU NEED TO TAKE IN 3-4 GRAMS OF

CARBOHYDRATES FOR EVERY POUND OF BODY WEIGHT PER DAY. SOME EXAMPLES OF GOOD CARBS ARE WHOLE WHEAT PASTA, OATS, BROWN RICE, POTATOS, YAMS, BEANS, LENTILS, CEREAL, MUFFINS, PANCAKES, FRUIT, JUICE AND WHOLE WHEAT BREAD. SOME EXAMPLES OF SIMPLE CARBOHYDRATES (AVOID THESE) ARE SOFT DRINKS, LEMONADE, KOOL-AID, CANDY, ETC...

FAT (9 CALORIES PER GRAM)- THE LAST AREA I WILL COVER. YOU NEED FAT, BUT IT NEEDS TO BE THE GOOD FATS. THERE ARE FATS CALLED ESSENTIAL FATTY ACIDS, THESE ARE THE FATS THAT YOUR BODY NEEDS. THE BAD FATS ARE THE FATS THAT ARE SOLID AT ROOM TEMPERATURE AND ARE CALLED SATURATED FATS. THESE ARE THE FATS THAT SHOULD BE ELIMINATED FROM AN ATHLETES DIET. SOME EXAMPLES OF FOODS WITH LARGE AMOUNTS OF SATURATED FATS ARE FATTY RED MEAT, CANNED CHEESES, BUTTER, BACON, AND BOLOGNA. THESE FATS SHOULD BE AVOIDED AT ALL COST. SOME FOODS THAT ARE LOW IN FAT ARE COD, HALIBUT, TURKEY BREAST, 1% COTTAGE CHEESE, AND CHICKEN BREAST. FATS SHOULD CONSIST OF NO MORE THAN 15% OF YOUR TOTAL CALORIES PER DAY. DON'T FORGET THOUGH YOUR BODY DOES NEED SOME FAT SO YOU CAN'T ELIMINATE THEM COMPLETELY FROM YOUR DIET.

<u>INTERESTING FAT STATS</u>	<u>SERVING</u>	<u>FAT GRAMS</u>
COFFEE CAKE	1 PIECE	7.0
CROISSANT	1 MEDIUM	12.0
PANCAKE	1 MEDIUM	3.2
SNICKERS	1 BAR	13.2
RAISIN BRAN	¾ CUP	0.7
GRANOLA	¾ CUP	15.2
CHEDDAR CHEESE	1 OUNCE	9.4

WHOPPER W/CHEESE	1	45.0 *
QUARTER POUND/CHEESE	1	30.7 *
TACO BELL BEAN BURRITO	1	10.8
WENDY'S TRIPLE	1	68.8 *
TUNA IN WATER	1 CAN	1.7
AVOCADO	1 MEDIUM	30.0 *
CANTALOUPE	½ MELON	0.7
RICE (BROWN)	½ CUP	0.6
SPAGHETTI WITH SAUCE	1 CUP PASTA	2.5
	½ CUP SAUCE	
BAKED POTATO	1 MED/W SKIN	0.1
BAGEL	1 MEDIUM	1.0

VITAMINS AND MINERALS REMEMBER YOU CAN'T FORGET ABOUT ANYTHING WHEN IT COMES TO NUTRITION. A GOOD VITAMIN PACK OR A ONE A DAY VITAMIN WILL DO FOR THIS AREA. REMEMBER, YOU MUST BE CONSISTANT WITH EVERYTHING WATER, PROTEIN, CARBS, GOOD FATS, VITAMINS AND MINERALS.

BOTTOM LINE, ATHLETES MUST EAT TO PERFORM CONSISTANTLY AT A HIGH LEVEL. HERE IS A SIMPLE WAY TO ESTIMATE YOUR CALORIC NEEDS AND MAKE SURE YOU ARE GETTING ENOUGH CALORIES. TAKE YOUR BODY WEIGHT AND ADD A ZERO TO IT TO GET YOUR BASIC RESTING METABOLIC ESTAMATE. MULTIPLY THAT BY 50% AND ADD THE TWO NUMBERS TOGETHER. THAT WOULD BE YOUR CALORIC NEED FOR DAILY ACTIVITIES. NEXT, ON THE DAYS THAT YOU WORKOUT ADD 15 CALORIES PER MINUTE OF EXERCISE. THIS WILL GIVE YOU AN ESTIMATE OF YOUR TOTAL CALORIC NEED.

EXAMPLE:

180-LB. ATHLETE

$$\begin{array}{r r r} 180 \text{ ADD A } 0 & & = 1800 \\ 1800 \text{ X } .50 & & = 900 \\ 15 \text{ CAL X } 90 \text{ MIN. OF EXERCISE} & = & \underline{1350} \\ & & 4050 \text{ CAL.} \end{array}$$

THEREFORE, YOU NEED 4050 CALORIES TO COVER YOUR ENERGY NEEDS ON THE DAYS THAT YOU WORKOUT.

YOUR GUIDELINES:

$$\begin{array}{r r r} \text{POUNDS } \underline{\quad\quad} \text{ ADD A } 0 & & = \underline{\quad\quad} \\ & \underline{\quad\quad} \text{ X } .50 & = \underline{\quad\quad} \\ 15 \text{ CAL X } \underline{\quad\quad} \text{ MIN OF EXER.} & = & \underline{\quad\quad} \\ \text{TOTAL} & & = \underline{\quad\quad} \end{array}$$

ANYONE WHO FOLLOWS THESE GUIDELINES AND WORKS HARD WILL NOTICE SIGNIFICANT CHANGES IN THEIR BODY. REMEMBER THESE ARE JUST SUGGESTIONS FROM ME, BASED ON READINGS THAT I HAVE DONE. THERE ARE MANY GOOD BOOKS ON NUTRITION OUT THERE AND IT WOULD BE GOOD FOR YOU TO SIT DOWN AND READ ONE TO GET A BETTER IDEA OF WHAT YOU SHOULD BE DOING.