

## Bow Nordic

### Nutritional Considerations

1. Being an endurance athlete is a lifestyle; it's not something you do only on certain days. It's about choosing and maintaining healthy exercise, sleep, eating and thinking habits over time.
2. Eating:
  - a. You have to eat like an endurance athlete – not like a weight lifter, not like a runway model... Food is fuel! Choose the best fuels and make them the staples of your nutritional plan.
  - b. You can't eat like "normal" people because you aren't doing "normal" things.
    - i. Vitamins: A multivitamin is a great idea! (but it's not an excuse to eat poorly)
    - ii. Breakfast:
      1. Critical to maintaining stable glycogen levels during the day
        - a. Protein!! Recommend 20 grams of protein
          - i. Bagel with Peanut Butter
          - ii. Eggs and whole grain toast and jam
    - iii. Refueling:
      1. PLAN for refueling opportunities every two to three hours. Have healthy choices on hand to ensure you provide your body with fuel it can use as opposed to empty calories (junk food). Examples of portable healthy choices are:
        - a. Fruits and Vegetables
        - b. Yogurt
        - c. Whole grains (granola bars) and Nuts
      2. Don't have "forbidden foods" – allow yourself to eat them in moderation
    - iv. 40 – 30 – 30 vs. Carbo-loading
      1. Research has shown that a balanced diet that includes 40% carbs, 30% protein and 30% fats (non-saturated) lead to the best performances.
      2. Carbo-loading is less effective and is too race day specific – eating is about lifestyle habits!!
    - v. "Mom, I need "whole" foods!" – The less processed food the better...
3. Drinking:
  - a. You need to keep hydrated. Carry your water bottle with you all day. Ideally you'll drink at least 64 ounces per day.
  - b. DON'T SHARE WATERBOTTLES!!
  - c. When you're working out you can absorb about 16 - 28 ounces per hour. You should have your bottle with you while you're skiing!
4. Targeted eating:
  - a. The 20 minute window:
    - i. After a race and after a "hard" workout you can take advantage of the 20 minute window that remains after the end of your workout. Your metabolism is still elevated. Consuming protein and carbs during that time can save you 1 – 2 days of recovery time.
      1. Recovery drinks (Recoverite by Hammer, Endurox, etc.)
      2. Chocolate milk
      3. Food if you can stomach it