



Coach Callen



Coach Jen

1. EAT WITHIN 30min of EXERCISE - Eat a meal (balance of protein and carbs) within 30 min of finishing exercise. If you miss this 30min window, your body will break down muscle tissue to replenish glycogen (stored carbohydrate in muscles and liver) that was used/burned during workout. Ultimately this results in muscle loss, increase in fat stores, slowing the metabolism and changing your body composition for the worse.

Eating soon after finishing workouts also allows your muscles to repair themselves from the damage done during the workout (tiny micro tears of the myofibrils) making your muscles stronger over time. The post-workout meal doesn't have to be complicated, it can be as simple as a yogurt [non-fat greek yogurt is best because it has more protein] 1/2 whole-grain bagel or piece of whole-grain bread with almond butter or egg, or a protein bar or shake with a piece of fruit [double these portion sizes if male]. More on "balanced meals" in future Coaching Tips.

The key takeaway is to eat a meal consisting of a carb and a protein or fat (avocados, nuts and seeds, olive oil, peanut/almond butter) within 30 min of a workout. Always stay away from anything white (refined sugar, white bread, etc.) and trans fat (anything fried or sweetened with high-fructose corn syrup such as snacks like cookies, crackers, pastries, etc.). Keep it simple, clean, as unprocessed as possible and read ingredient labels.

Post Race/Event Meal and Hydration: Often the favored "meal" after a workout for many cyclists is a cold beer.....this is the worst thing you can do! After exercise, the liver is working hard to help you RECOVER from your bike ride by replenishing muscle glycogen and repairing exhausted and broken down tissues. However, as soon as the liver detects alcohol in the blood stream, it's MAIN function is now to filter the alcohol out of the blood, halting all muscle repair and replenishing. It takes the liver 1 hr to filter every 1/2 ounce of alcohol out of the blood stream.....thus stopping all "recovery".

Food for thought: have you ever done back to back rides, day after day and wondered why you didn't feel recovered? Sometimes it is because you had beer or other alcohol beverages soon after you finished your ride w/o eating and thus replenishing your muscles first. The best strategy would be to eat a meal first and allow your body to start the replenish and repair processes. And if you choose to have alcohol, wait at least a few hours to consume. Your body will thank you the next day when you go out for another ride or workout:)