



## Fueling & Nutrition Summary

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“This is not a weight-loss program! This is a fitness program!”

### **Food=Fuel • Quality In=Quality Out**

The following guidelines are provided for maximum performance and general training success. The timing of your calories is critical for strong training, racing and life vitality.

Most of us think we need more calories when we train. Perhaps, but not necessarily! Product and food tolerance during training is highly personal. Experiment in training....ALOT! Track ingredients always.

#### **Prior to workout:**

Hydrate well with water **BEFORE** you train

Fuel yourself with carbohydrates and protein if you have more than 1 hour prior to training (60% carb/40% protein)

Examples: oatmeal/nuts/milk, eggs and toast, PB and J, etc.

Don't have an hour? Use easily digestible carb-only fuel: apple sauce, Gels, orange juice, pineapples, bars.

#### **During Workout: Calorie replacement is NOT 1:1 expended vs. replaced**

Water, water, water for training lasting less than 1 hour in moderate climate.

Training 1-2 hours: carb only liquid (maltodextrin or fructose combo product, GU, Gels, Power Bar, Heed) Gels **MUST be taken with 8 oz water** or diluted in your bottle or flask.

Try to avoid simple sugar solutions and high fructose corn syrup. Blood sugar spike is not desirable.

\*Endurance athletes: during the bike, use the guidelines of 20 oz of water and 250 calories/hr

\* Try products with 3-5grams of protein for 200-250 calories. Helps keep hunger away.

\*During the run, try 100 calories/hr with 8-12 oz of water. Avoid the slosh but minimize dehydration.

\*During hot weather, increase fluid and add electrolytes and/or salt. See package for recommendations.

#### **After workout: (within 30 minutes)**

Recovery nutrition: high quality carbohydrate w/small amount of protein

4:1 ratio carbs to proteins

Examples, whole fruit and nuts, soymilk/choc milk, PB and J (org/whole wheat), healthy bars, etc.

Sure, have the recovery drinks – they are convenient and complete. But real food is desirable.

Always have your recovery nutrition planned and packed for your training. Carry a mini-cooler with you.

#### **After workout: (within 2 hours)**

Eat a well-balanced meal while your metabolism is high. Example: 60% Carb, 20% protein, 20% good fats  
Your body will synthesize the energy and nutrients well.

Burrito with guacamole is a great choice – whole wheat tortilla, rice and black bean combo etc.

Plus, you may avoid the “I MUST have food, ANY food NOW” challenge!

#### **To improve your training and athleticism, make some small changes:**

Plan, plan, plan. There is no substitute for planning your nutrition and fueling.

Eat whole foods and add raw foods whenever possible.

Increase fiber for good health and satiety.

Build a **food cooler** to promote healthy eating rather than buying poor nutritional choices.

**Timing is important!** Stagger your eating in smaller portions and prepare around training as outlined above.

**FOOD = FUEL! QUALITY IN = QUALITY OUT!**