



"When all is said and done...often times more is said than done."

ATHLETES OF THE MONTH

ATTENDANCE-ATTITUDE-ENTHUSIASM-MECHANICS-WORK ETHIC



MEN'S SPORTS
NAME: JOE PAWELEK
SPORT: FOOTBALL
YEAR: SENIOR



WOMEN'S SPORTS
NAME: ANNA BREYFOGLE
SPORT: VOLLEYBALL
YEAR: SENIOR

TRAINING TIDBIT DETRAINING

During periods of insufficient training, such as vacations, breaks from school, or holidays, detraining of the body occurs. The majority of positive mental and physical effects from months of hard work are lost in the period of a few weeks. This is the 'use it or lose it' principle we talked about in the October Newsletter.

USE IT OR LOSE IT!

A basic concept is the 'use it or lose it' principle. Simply put, if you do not use a particular quality, that ability will decrease over time. In accordance with this principle, it has been determined that strength and power qualities can decrease if not trained with at least 60% of your maximum effort every 10-14 days.

For example, if you do not perform a lower body strength exercise every 10-14 days, you can easily lose lower body strength. The same applies to power and speed movements.

To succeed in competition fast people must be fast, strong must be strong, powerful must be powerful.

SCIENCE SAYS...

During periods of insufficient training or inactivity the body begins to:

- Gain fat
- Lose muscle
- Lose strength
- Decrease its ability to recover from training
- Increase heart rate by 5-10%
- Decreases the amount of blood pumped each heart beat by 6-12%
 - The heart uses more effort to distribute less energy to the body
- Decrease flexibility
- Decrease muscle glycogen levels by 20-30%
 - This is carbohydrates stored in muscles
 - Carbs = preferred source of energy for the body

DETRAINING

Most athletes who have had significant time off from training will recognize their performance decreases if the body is not continually being trained. This is evident upon return to training. Weights that were once easy, seem heavy and awkward, and the pain of muscle soreness is higher over the next week.

After 10-14 days of inactivity, the body has reversed its gains in strength and reduced its ability to recover quickly.

Nutritional habits often go bad at home as well. Follow these simple guidelines to aid in your decision making.

Meals (3x day) – Use your plate to determine meal proportions. When in season or when trying to gain weight: ½ of your plate should be carbs, ¼ should be protein, and ¼ should be vegetables. This is in addition to the separate plate of fruits and vegetables you will have. On non-training days or when trying to lose weight: make ¼ of your plate carbs, ½ protein, keep everything else the same proportions.

Snacks (3-4x day in between meals) – Snack size is dependant on your needs. Good snacks have the following characteristics: provide nutritional benefit, are big enough to prevent hunger, are small enough to accommodate any upcoming physical activity and/or meals. Examples: Fruit, yogurt, peanut butter/jelly sandwiches, mixed nuts, beef jerky, etc. See November newsletter for further discussion.

STICK TO THE SCRIPT

1. Follow the training outline assigned to you
2. Follow the nutritional guidelines

Questions, comments?

Contact us...

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RULES OF RECOVERY

RULES OF RECOVERY: The Great 8

These 8 rules are the foundation of a healthy lifestyle.

1. Eat breakfast upon waking
2. Get at least 8 hours of sleep each night
3. Drink water (1.5-2 gallons daily)
4. Feed yourself every 2-3 hours
Carbs + Protein + Fruit + Vegetable = Meal
5. Avoid foods which are high in fat or sugar
6. Reduce stress – Organize and plan
7. Feed yourself within 1 hour of exercise (see #4)
8. Perform a cool down routine after exercise

7. FEED YOURSELF WITHIN 1 HOUR OF EXERCISE

WINDOW OF OPPORTUNITY

Upon completion of a training session or competitive event, you have a one hour window of opportunity to dramatically impact your recovery with what you do (or do not do) in regards to diet. The closer you get to one hour the further the window closes, diminishing your chances of full recovery.

For optimal recovery, consume a liquid snack immediately, then feed yourself with a meal within the next 60-90 minutes.

When it comes to building muscle, replenishing energy stores and rehydrating, research has shown...

- Consuming a shake immediately after training is superior to consuming one only 1 hour later
- Consuming a shake 1 hour later is vastly superior to consuming one 3 hours later
- If a recovery shake is taken immediately post-exercise, for the next two hours, protein synthesis and energy replenishment occur at 2x the normal rate.

Conclusion: Waiting too long to consume your post workout drink will have a negative effect on replenishing energy stores and muscle repair.

WHAT TO EAT

Post - exercise snack/Recovery shake

Carbohydrates and Protein

Carbs should be high glycemic (sugar)

Protein should be fast digesting

- Examples: Cytofuse, chocolate milk, sports drink (i.e. Gatorade, All-Sport) + good protein

Post - exercise meal

Carbohydrates, Protein, Fruits and Vegetables

Carbohydrates should be lower glycemic

- Examples: Whole grains, Rice, Oatmeal

Protein should be slower digesting in general

- Include dairy with the typical meat sources

Fruits and Vegetables

- The more colorful the plate, the better

HOW MUCH?

- A) You should have 3 to 1 ratio of carbs to protein immediately post-training
 - Example: 60 grams of carbs: 20 grams of protein
- B) An hour or so after drinking your post workout shake you should have a meal consisting of a 2:1 ratio of carbs to protein in addition to fruits and vegetables
 - Example: 100 grams of carbs: 50 grams protein + fruit and veggie plate

WHY?

Carbohydrates

All types of exercise use carbohydrates for energy, muscle carbohydrate depletion is inevitable. Therefore a post-workout meal high in carbohydrates is required to refill muscle carbohydrate/energy stores. By consuming a large amount of carbohydrates, you will promote a large insulin release, increase glycogen storage, and increase protein repair.

Insulin is the hormone responsible for shuttling carbohydrates and amino acids into the muscle. In doing this, energy stores are filled quicker and muscle repair and muscle building are enhanced.

Protein

Protein is degraded during exercise, the addition of a relatively large amount of protein to your post exercise shake and meal is necessary to help rebuild the structural aspects of the muscle. After exercise, the body decreases its rate of muscle building and increases its rate of muscle breakdown. However, shakes that have protein and amino acids have been shown to reverse this trend.

Fruits and Vegetables

Fruits and vegetables are a crucial part of the post-exercise meal as they add critical vitamins, minerals, water, and fiber. However, consuming them immediately post exercise can slow the digestion of carbohydrates and protein.

TAKE HOME MESSAGE

Recovery begins the second you end your last set, so the sooner you can get your shake down the better. Fuel yourself with a meal within 90 minutes of your shake.