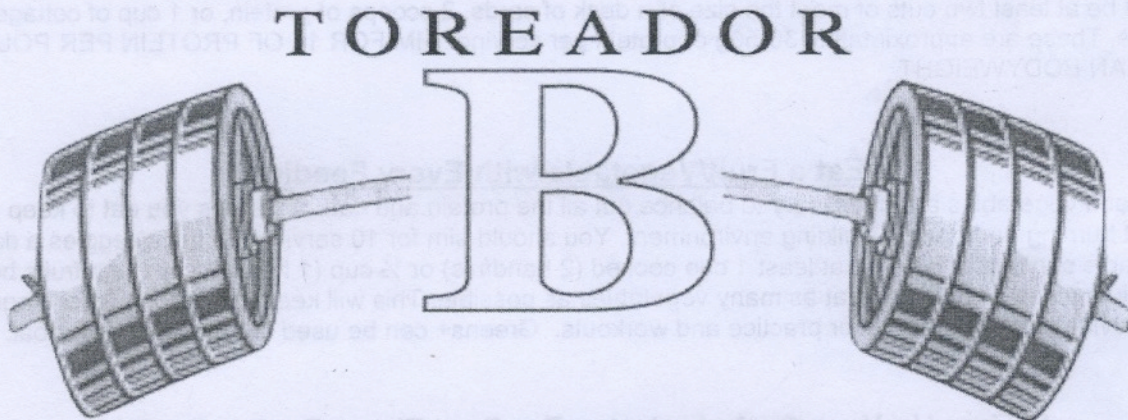


TOREADOR SPORTS NUTRITION



STRENGTH & CONDITIONING

In addition to your work ethic, your lifestyle and nutritional choices will define your athletic experience and help you maximize your athletic potential. Ignoring this information will have detrimental effects on your performance and you will never fully reap the benefits of your training.

7 Rules of Good Nutrition

1) Eat Every 2-3 Hours

Do not go more than 3 hours without eating anything! Workout days should consist of 3 meals (breakfast, lunch, and dinner), 2-3 snacks, and a post-workout shake. Carbs should come from fruits/vegetables and whole-grains. Non-workout days should consist of 3 meals and 2-3 snacks. On non-workout days, increase amounts of protein, healthy fats, and vegetables.

2) Eat a Lean Protein Source With Every Feeding

Make sure every meal or snack has at least one serving of a lean protein. Protein sources include lean cuts of chicken, beef, pork, turkey, tuna, fish, eggs, whey protein shakes, cottage cheese, etc. Servings should be at least two cuts of meat the size of a deck of cards, 2 scoops of protein, or 1 cup of cottage cheese. These are approximately 30-50g of protein per serving. AIM FOR 1g OF PROTEIN PER POUND OF LEAN BODYWEIGHT

3) Eat a Fruit/Vegetable with Every Feeding

Fruits and vegetables are necessary to balance out all the protein and carbohydrates you eat to keep you in a fat burning and muscle building environment. You should aim for 10 servings of fruits/veggies a day. Vegetable servings should be at least 1 cup cooked (2 handfuls) or ½ cup (1 handful) raw with fruits being 1 medium piece or 1/2 cup. Eat as many vegetables as possible. This will keep you feeling fuller longer and provide you with energy for practice and workouts. Greens+ can be used to help reach this goal.

4) Time Up Your Carbohydrates For Best Times During the Day

Your body handles carbohydrates best (meaning it is likely to not get stored as fat) right after you workout (within 30-60 minutes) and breakfast. Try to keep all sources of carbohydrates clean and process free. Fruits and whole-grain, wheat sources are best. Avoid all types of sugars, sweets, enriched breads, bagels, and pastries.

5) Drink Non-Calorie Containing Beverages Most of the Day

Avoid all beverages that contain unnecessary calories (EXCEPTION: milk and post-workout shakes). Cut out sodas and alcoholic beverages. Drink as much water as you can. Aim for at least 1 gallon of water/day.

6) Eat Healthy Fats

Eat 1-2 oz of nuts a day (almonds, walnuts, pecans, peanuts, etc) as snacks with your protein/fruit/veggie. In addition, consume healthy oils such as Extra Virgin Olive Oil on your salads, fish oil, borage oil, flax seeds and flax seed oil. Egg yolks contain healthy fats as well so don't avoid these. This will help with fat metabolism, act as powerful anti-inflammatories and help the body fight off disease.

7) Prepare Your Food Ahead of Time

The easiest way to fall off track is to not be prepared for what may happen. To ensure you eat the right things at the right times, always have your meals and snacks pre-packaged and easily accessible. Keep your Tupperware filled with vegetables, lean cuts of meat, packs of tuna, and quality carbohydrates. Buy snack bags and portion out your nuts, shakes, veggies, and fruits so you can GRAB and GO!

What should a meal consist of?

All Meals Should Contain 5 Things:

- Fruit &/or Vegetable Source
- Protein Source
- Quality Carbohydrate Source
- 1 Drink w/ Calories (Milk or 100% Fruit Juice)
- 1 Drink w/o Calories (Water or Green Tea)

All Snacks Should Contain:

- 1 Fruit Source
- ~20-30 Grams of Protein
- 1 Drink w/o calories

Before Bed:

- ~30 grams of protein
 - Preferably casein based (i.e. cottage cheese)
- Vegetable
- Healthy Fat Source (preferably fish oil)

Sample Meal Plan

Meal #1

1 Multivitamin/Mineral Complex & 2-3 Fish Oil Capsules
Large Bowl of Fruit
Eggs: 3 Scoops
Waffle w/ Peanut Butter OR 4 Slices of Toast w/ PB
Bowl of Granola Cereal w/ Milk
1 Glass Milk
1 Glass of Bagged Green Tea

Snack #1

1-2 Pieces of Fruit
1 Scoop of Protein Powder Mixed w/ Milk
Mixed Nuts

Meal #2

Large Spinach Salad w/ a Ton of Other Veggies/Fruit
2 Protein Sources: Chicken/Steak/Ham/Turkey
2 Carb Sources: Pasta/Rice/Wheat Toast
1-2 Glasses Milk
1 Glass Water

Snack #2

1-2 Pieces of Fruit
1 Scoop of Protein Powder Mixed w/ Milk
Mixed Nuts

Meal #3

Large Spinach Salad w/ a Ton of Other Veggies/Fruit
2 Protein Sources: Chicken/Steak/Ham/Turkey
2 Carb Sources: Pasta/Rice/Wheat Toast
1-2 Glasses Milk
1 Glass Water

Midnight Snack #3

1 Cup Cottage Cheese
Carrots w/ Peanut Butter
2-3 Fish Oil Capsules
1 Glass Water

Shopping list for snacks

- Cottage Cheese
- Cheese
- Trail Mix
- Almonds/Walnuts/Pistachios
- Canned/Packaged Tuna in water
- Whole Wheat/Multi-Grain Breads
- Deli Sliced Turkey or Chicken Breast
- Milk
- Peanut Butter (Natural)
- Kashi Brand Cereals
- Bagged Carrots
- Bananas
- Apples
- Yogurt (choose natural yogurts if at all possible)
- Prunes
- Dried Apricots
- Promax Bars
- Oranges
- Oatmeal
- Granola Bars
- Fish Oil Capsules
- Sunflower/Pumpkin Seeds
- Beef or Turkey Jerky
- Milk-based Protein Powder (i.e. whey isolate/concentrate, casein)
- V8 Juice
- 100% Fruit Juice
- Frozen Berries
- Green Tea (bagged or loose leaf)

Hydration

Research clearly shows that being hydrated allows you to perform at your best. An athlete in a dehydrated state increases his/her risk of experiencing muscle cramps, strains and injury. If you are thirsty then you are already dehydrated. The following are tips to help you stay hydrated for optimal performance.

- Carry a water bottle with you at all times.
- Hydrate all day long, starting in the morning.
- Consume ~1 gallon of water per day.
- Track your hydration by the color of your urine:
 - If you are hydrated it will be clear
 - The darker it is the more dehydrated you are

- For workouts lasting more than an hour, fluid replacement drinks such as Gatorade, Powerade, and energy mix can help replace carbohydrates.

- Hydration helps reduce the risk of injury—here's how:
 - Your muscle and connective tissue is 60% water and connective tissue is 60-70% water. Water has a physical property of high surface tension, which means that the surface layer acts like a dynamic elastic sheet within blood vessels and connective tissue. This is part of the reason that under normal conditions soft tissue will yield without injury if you slip, fall or collide with another athlete.
 - If you are 5% dehydrated there will be a SIGNIFICANT effect on your performance.

POST WORKOUT NUTRITION

This is one of the most critical times to get calories into your body. 30 minutes after exercise is your "Window of Opportunity" for recovery. After those 30 minutes that window closes really quickly and benefits drastically decrease. It is imperative that you consume ample calories during this 30 minute window. This is what it must include:

- High in carbohydrates (0.5 grams per pound of body weight)
- Consume 30-40 grams of protein
- Make sure these are in liquid form—it is digested quicker.
- It should not include any fats (this is going to slow absorption)
- Consume a solid meal within an hour to an hour and a half after your post workout shake.

Jump starting your recovery process as quickly as possible will help restore necessary glycogen stores (stored carbohydrates) as well as shuttle protein to muscles for repair of broken down tissue.

SLEEP & REST HABITS

Sleep should take up 1/3 of your day and thus 1/3 of your life. If you take full advantage of your sleeping habits you will reap the benefits of the other 2/3 of your day/life. A majority of your recovery processes take place while you are in your deepest form of sleep. Make sure to do the following to take full advantage of the power of sleep:

- Get 8-9 hrs of continuous sleep per night
- Sleep in a room that is as dark as possible
- Room temperature should be cool (under 70 degrees)
- Get in a routine—try to go to sleep at the same time each night
- Keep your bed for sleeping only. Don't watch TV or read etc this could disrupt your ability to fall asleep when it is time to do so.
- Take a hot bath (can include Epsom salts) or shower before bed.

ALCOHOL

Without a doubt, alcohol is one of the worst things you can put into your body. It destroys muscle tissue! Alcohol also damages every organ in the body and contributes to every major health problem from heart disease to digestive trouble, liver function, malnutrition and cancer.

Athletic Related Effects of Alcohol:

1. Lack of strength (as much as 5%) due to inflammation of muscle tissue (myositis)
2. Alcohol molecules stay in the blood up to 2 weeks (significant effects for 5 days).
3. Alcohol decreases protein synthesis (the ability to use protein to repair broken down muscle tissue)
4. Reduction in endurance/conditioning levels.
5. Alcohol can enter and damage the muscle cells resulting in increased muscle soreness.
6. Use of alcohol is associated with slower recovery from training and slower rates of healing from injury
7. Alcohol disrupts glycogen metabolism increasing the storage of fat in the body.
8. Alcohol decreases the body's ability to fight off infection by suppressing the immune system.
9. Alcohol contributes to insomnia and lack of REM sleep-which disrupts recovery.

Supplementation

Post Workout:

- *Muscle Milk Collegiate Series (\$31.45/5.5lb tub)
 - (\$24.00/5.5lb tub) If ordered from manufacturer
- ^8-Ball Recovery Mix (\$16.19/5lb tub)

General:

- *Promax Bars (\$13.10/12 bars)
- *Optimen Vitamin/Mineral Complex (\$18.75)
- #Barlean's Fish Oil: 250 Capsules (\$16.77) Code: WB58088
- #Greens Plus Powder Original: 9.4oz (\$26.57) Code: WB62765
- #Greens Plus Veggie Capsules: 360 Caps (\$33.22) Code: WB62769

- ^HPC (Protein Complex) (\$41.99/5lb tub)
- *Optimum Nutrition Gold Standard (\$37.50/5lb tub)
- *Dymatize Elite Whey Protein (32.99/5lb tub)

Trail Mixes & Nuts:

- Almonds (\$5.29/lb)
- Pistachios (\$6.99/lb)
- Walnuts (\$5.99/lb)
- Mixed Nuts w/ Peanuts (\$6.99)
- Smokey Mountain Mix (\$5.49)

www.georgehowe.com

* = Iron House Gym (call & ask for Bob): 1-877-395-6181

^ = 8-Ball Nutrition (www.8-Ballnutrition.com)

= Lucky Vitamin (www.luckyvitamin.com)

**This nutrition packet has been copied and revised with permission from Kyle Johnson
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TOREADOR STRENGTH & CONDITIONING

Health & Performance Checklist

1. Do you eat breakfast 7 days a week
2. Do you eat foods from 3 different food groups at breakfast (ie: fruit, whole grain & protein)?
3. Do you eat 3 balanced meals at approximately the same time everyday?
4. Do you eat nutritious mid-morning and mid-afternoon snack?
5. Do you eat at least 3 pieces of fresh fruit each day?
6. Do you eat at least 3 servings of fresh vegetables each day (1 serving = size of your fist)?
7. Do you choose high fiber breads and cereals only?
8. Do you eat lean &/or low-fat protein at each meal?
9. Do you limit your intake of saturated fat (found in meats, cheeses, and dairy products)?
10. Do you eat at least 2 servings of "good fat" each day- found in nuts, seeds, extra virgin olive oil, olives, avocados and fish?
11. Do you limit your intake processed and refined foods (foods made from white flour, foods high in sugar and sodium, packaged foods)?
12. Do you eat and drink adequately to maintain your bodyweight (this should be your goal unless you are on a fat loss or weight gain program)?
13. Do you eat a post-workout & post-practice snack within 30 minutes of exercise?
14. Do you eat a healthy post-workout or post-practice meal within two hours?
15. Do you drink half your bodyweight in ounces of water each day (not including fluid intake during exercise)?
16. Do you sleep at least 8 hours each night?
17. Do you go to bed at approximately the same time each night and get up at the same time each morning?
18. Do you take a multivitamin each day?
19. Do you take 1000mg of fish oils daily?
20. Do you eliminate alcohol intake?

Score: /20

15-20: Performing Like a
Champ

9-14: Losing an Edge!

<9: Missing out- Big Time!