

## Fueling for enduring: Sports nutrition to live by

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A complex carb feast of whole grain pasta and broccolini.

Ever had a less than stellar training session followed by the overwhelming need for food and sleep?

You're not alone. Most of us have had that experience until we learned to start fueling for enduring.

As athletes for whom optimal results and improved performance are paramount, it is wise to assess the output we get from the fuel we choose. Are you so concerned with

reducing body fat, for instance, that you are compromising your health and still demanding heroic performances from a half starved body? Keep in mind that clinical starvation is defined as a diet of 1200 calories per day. Yes, folks, and that's for the population of non-athletes. Need we delve further? Ladies, most often prone to skipping meals and shaving calories, the endurance sport lifestyle does not lend itself to such deprivation and we are a population predisposed to . Most female athletes of our breed can easily consume 2000-2200 calories per day and still shed extra body fat without sacrificing health or performance. As for men, you guys can add 500-1,000 calories to that number with ease.

Let's get real, none of us want to keep hitting the road only to suffer bouts of unnecessary dizziness, hypoglycemic trembles or worse. We get out there to have an awesome time, live our best lives and garner the lessons our challenges bring. So, it must be said that focus and intensity must be directed first toward fueling up consistently and then toward progressing in your sports performance. The less attention given to appearance, the better. Rest assured, fuel up and train consistently - looking your best will be an inevitable by-product.

The fueling formula for success is actually quite simple: complex carbs + fluids before, during and after training. For those still stuck in the protein, protein, protein mentality rut, chew on this: increasing energy intake from complex carbohydrates allows our bodies to use protein more efficiently. Go figure. Then, go fuel up.

**For more information:** Visit [www.foodandsport.com](http://www.foodandsport.com) for specifics on sports nutrition.



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