

Sports Nutrition

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Along with Sports Physiology and Psychology, Nutrition is one of ELITEAM's three pillars of becoming a "Complete athlete". Athletes often disregard nutrition, to the detriment of their performance. Although you may not win a race because of great nutrition, you can certainly lose a race from eating unhealthy foods and not hydrating properly prior to a race. Food is fuel, and it will absolutely affect your energy level, strength, focus and performance. A focus on good nutrition will boost your training gains and race results.



One very important element to eating right, is planning. Good planning means having the right foods ready and on-hand at the right times.

The critical elements of healthy sports nutrition are;

- Pre-Workout Nutrition: What and when to eat from 3 hours to 15 minutes before your training or competition
- Re-Fueling during Training: What to pack for training and competition so you don't run out of energy or become dehydrated.
- Recovery Fuel: What and when to eat after a hard workout, training session or competition.
- Hydration: Being only 3% dehydrated can affect your performance by 15% which means you'll be on the second page of the results just by forgetting to drink water!
- Energy Nutrients: You get energy from Carbs, Fats and Proteins. It's important to know when and why to eat each.
- Sugar Facts: Simple sugars play an important role in fueling anaerobic activity like skiing, but the key is knowing which sources are best.

Check back here monthly for ELITEAM's Sports Nutrition tips and recipes.