Elite Performance Daily Food & Lifestyle Goals

1. **HYDRATION — Drink at least ½ body weight in ounces of fluid daily**
    - If you weigh 150 lbs drink at least 75 ounces of water (about 5 water bottles) at minimum daily
        - 20% before breakfast
        - 40% during training
        - 40% rest of day
    - 1-3% loss in body weight performance decrease
    - 3-5% injury risk increased/illness risk
    - Every 1lb lost drink 20oz fluid
    - 2% ⬇ in body weight due to water loss = 6-7% ⬇ in running speed.
    - 5% ⬇ in body weight due to water loss = 30% ⬇ in work capacity.
    - Rehydrate with electrolytes (sodium, calcium, potassium, chloride, phosphate, and magnesium)! Electrolytes are crucial for performance and are lost through sweat during exercise.
        - Celtic salt (contains beneficial minerals).

2. **FUEL — within 1 hour of waking**
    - Top off energy and fuel your body for the day.
    - Replenish glycogen stores lost overnight. Go from 85% to 100% energy.
    - Carbohydrates fuel performance!

3. **PRE-TRAINING FUEL —** *All values are per kilogram body weight*
    - **4+ hrs pre training**
        - 1-4g carbohydrates
        - 0.15-0.25g protein
        - 5-7 ml water / sports drink
    - **2 hrs pre training**
        - 1g carbohydrates
        - Sip 3-5 ml fluid
    - **< 1 hr pre training**
        - 0.5g carbohydrates

    - Top off fuel stores and be able to train harder and longer.
    - 1 medium banana ≈ 27g of carbohydrates.
    - The body can digest 60g of carbs per hour.
    - Simple carbs are digested quickly and offer immediate energy to fuel performance.

4. **POST-TRAINING FUEL — Recover with a combination of carbohydrates 40-60g and 20-30g protein.**
    - Consume a post-workout meal within 1 hour to refuel and rebuild your body.
    - Use a 2:1 ratio of carbohydrate to protein
    - Carbohydrates replenish energy stores and protein rebuild muscle tissue.

- Replenishing your energy stores with carbohydrates is crucial, especially if you are training again within 12 hours.

5. **At least 20-30g protein every 3 hours.**
    - The later the meal the leaner the food choices.
    - Maximize your body's capacity to build muscle by consuming protein every 3 hours.
    - **Recommendation** — 30g per meal from the protein source, 4 meals a day puts you at 120g per day plus snack protein.

6. **Have 30g lean protein before bed to maximize muscle recovery.**
    - Choose a lean protein source such as protein powder, Greek yogurt, eggs, or chicken breasts.
    - Maximize muscle recovery at night and rebuild while you sleep.

7. **Eat at least 6 fresh fruits and vegetables.**
    - Choose a rainbow variety of colors.
    - Each color represents a different vitamin/mineral composition.
    - Cover your bases to boost your immune system and support high performance.

8. **Choose lean meal options.**
    - Choose options such as chicken, turkey, fish entrees. Leaner choices allow you to eat more volume and feel full longer.
    - Include red meats (e.g. ground beef, trimmed steak) for their valuable micronutrient content.
    - Find a mix of red and white meat that works for you that you can stick with.
    - Your plates should include about ½ vegetables & fruit combined, ¼ lean protein, ¼ complex low GI carbohydrates (brown rice, potatoes, quinoa).
    - When you are refueling for the next activity opt for simple carbs such as white white rice to replenish energy stores more quickly. Eliminate high fat sides such as mac n cheese and french fries.
    - Limit or eliminate high fat, high sugar dressings, sauces, and sweets.

9. **Sleep a minimum of 7.5 hours daily.**
    - Account for time it takes to get to sleep
    - Include naps in your calculations, keep them to 30 or 90 minutes, not in-between.
    - Sleep is one of the most important factors when it comes to performance.
    - Limit light exposure an hour before bed to facilitate production of melatonin.
    - Sleep in a cool, dark room.
    - If possible, let the sunlight wake you up. This will help set your circadian rhythm. Getting 10-15 minutes of sunlight exposure first thing in the morning will work wonders for your circadian rhythm and sleep schedule.
    - **A 2011 sleep study performed on Stanford's Men's Basketball Team extended the athlete's sleep time to 10 hours. The performance improvements were astounding!**
        - **Increased sprint speed**

    - **Free throw percentage improved by 9%**
    - **Three point percentage by 9.2%**
- If you're not getting enough sleep you're leaving performance gains on the table and significantly increasing your risk of injury!

10. **Drink no caloric beverages outside one hour of training.**
    - Moderate your caloric intake by eliminating Gatorade, juices, and soda outside of training.
    - Protein shakes that are lean do not count against this.
    - Alcohol negatively impacts muscle building for 2-4 days following consumption. One drink has over 100 calories on average.

Recommended Supplements for Athletes

Look for 3rd Party Tested Certifications

Vitamin D: (Sunlight exposure, cheese, yogurt, fortified cereals, vitamin D supplement)
- Bone health.
- Immune system function.
- Skeletal muscle function.

Omega-3s: (coldwater fatty fish, flax seeds, chia seeds, fish oil pills)
- Brain, heart, and joint health.
- ⬇ inflammation.
- 2-3g per day.
- Reduces concussion symptoms.

Creatine: (Use creatine monohydrate)
- ⬆ volume of inorganic phosphate stores to power energy production.
- Pulls water into muscles (1-4lbs).
- Performance benefit outweighs water weight.
- Improves performance for explosive movements shorter than 10 seconds.
- Protocol:
    - 5g per day for 20 days or 20g for 5 days (loading phase to saturate the body).

    - Saturation can be maintained through 3-5g per day.
- Creatine is the most researched supplement in history, is safe to take, and permitted in the NCAA.
- There is no need to buy any fancy type of creatine. Just simple plain creatine monohydrate is the way to go. Cheap and effective.

Beet Root: (e.g. beetelite)

- Nitric oxide and nitrates ⬆ blood flow.
- ⬇ inflammation.
- Friday and Game Day.
- May upset my stomach and does not taste great.
- Easiest to consume in powder form
- 310-560 mg 2-3 hours pre competition.
- Drops blood pressure (DO NOT TAKE IF YOU HAVE BLOOD PRESSURE ISSUES)

Sodium Bicarbonate:

- Buffers against lactate build up.
- Day before game and game day.
- 0.2-0.4g per kg body weight.
- Enhances performance for high intensity and longer duration sprints.

Tart Cherry Juice:

- ⬇ inflammation
- High in antioxidants.

Collagen:

- Repairs tendons (for you guys with jumper's knee)!
- A 2016 study by Shaw et al. found that vitamin C and gelatin (cooked form of collagen) supplementation increased collagen synthesis.
- Tendons are a connective tissue made up of collagen fibers, therefore, an increase in collagen synthesis means improved tendon repair.
- The vitamin C increases the absorbability of the gelatin (cooked form of collagen).
- The findings from the study indicate that 15g of gelatin (or collagen) with 50mg vitamin C (one orange) one hour before stressing the tendon through exercise can improve tissue repair in the tendon.

Always compete on and off the field by making tough decisions.

VIKINGS BASKETBALL

BEYOND PERFORMANCE

lbs.	kg.	4+ Hrs Pre			2 Hrs Pre		< 1 Hr Pre
		Carbs (1-4g per kg)	**Protein** (0.15-0.25 g per Kg)	**Hydration** (5-7 ml per kg)	**Carbs** (1g per kg)	**Hydration** (3-5 ml per kg)	**Carbs** (0.5g per kg)
260	118	118-472 g	18-30 g	590-826 ml	118 g	354-590 ml	59 g
255	116	116-464 g	17-29 g	580-812 ml	116 g	348-580 ml	58 g
250	113	113-452 g	17-28 g	565-791 ml	113 g	339-565 ml	57 g
245	111	111-444 g	17-28 g	555-777 ml	111 g	333-555 ml	56 g
240	109	109-436 g	16-27 g	545-763 ml	109 g	327-545 ml	55 g
235	107	107-428 g	16-27 g	535-749 ml	107 g	321-535 ml	54 g
230	104	104-416 g	16-26 g	520-728 ml	104 g	212-520 ml	52 g
225	102	102-408 g	15-26 g	510-714 ml	102 g	306-510 ml	51 g
220	100	100-400 g	15-25 g	500-700 ml	100 g	300-500 ml	50 g
215	98	98-392 g	15-25 g	490-686 ml	98 g	294-490 ml	49 g
210	95	95-380 g	14-24 g	474-665 ml	95 g	285-474 ml	48 g
205	93	93-372 g	14-23 g	465-651 ml	93 g	279-465 ml	47 g
200	91	91-364 g	14-23 g	455-637 ml	91 g	273-455 ml	46 g
195	88	88-352 g	13-22 g	440-616 ml	88 g	264-440 ml	44 g
190	86	86-344 g	13-22 g	430-602 ml	86 g	258-430 ml	43 g
185	84	84-336 g	13-21g	420-588 ml	84 g	252-420 ml	42 g
180	82	82-328 g	12-21 g	410-574 ml	82 g	246-410 ml	41 g
175	79	79-316 g	12-20 g	395-553 ml	79 g	237-395 ml	40 g
160	73	73-292 g	11-18 g	365-511 ml	73 g	219-365 ml	37 g
155	70	70-280 g	10-18 g	350-490 ml	70 g	210-350 ml	35 g
150	68	68-272 g	10-17 g	340-476 ml	68 g	204-340 ml	34 g
145	66	66-264 g	10-17 g	330-462 ml	66 g	198-330 ml	33 g
140	64	64-256 g	10-16 g	320-448 ml	64 g	192-320 ml	32 g
135	61	61-244 g	9-15 g	305-427 ml	61 g	183-305 ml	31 g
130	59	59-236 g	9-15 g	295-413 ml	59 g	177-295 ml	30 g