

CITYU SCOPE RUNNING CLASS 2017-2018

Coach: Wong Tak Shing

Nutrition for Athletes

Fox, Bowers, & Foss (1993)

 The biggest difference in food requirements for the athlete versus the non-athlete is the total number of calories consumed; and the athlete will require more.

US National Research Council (1989)

- Recommended Dietary Allowances (RDAs)
 - Male: 2,900 kcal/day
 - Female: 2,200 kcal/day

Nutrition for Athletes

American College of Sports Medicine, American Dietetic Association, and Dietitians of Canada (2000)

 Unless athletes restrict themselves from energy intake or eliminate one or more food groups from their diet, supplementation of vitamins and minerals is generally not required.

Pregame Meal

ACSM, ADA, & DC (2000)

Sufficient in fluid to maintain hydration.



- Low in fat and fiber to facilitate gastric emptying and minimize gastrointestinal distress.
- High in carbohydrate to maintain blood glucose and maximize glycogen stores.
- Moderate in protein, and composed of foods familiar to the athlete.

Pregame Meal

Wilmore & Costill (1994)



- Carbohydrates consumed either <u>5 minutes</u> or <u>2 hours</u> <u>before</u>, or <u>during</u> exercise enhance endurance performance (lasting over <u>1</u> hour).
- However, athletes should keep away from carbohydrates
 15 to 45 minutes before exercise to avoid the secretion of insulin, which reduces blood glucose level and leads to premature fatigue.

Pregame Meal

Competition in the Morning

- High-carbohydrate dinner the night before.
- Light breakfast or some snacks in the morning on race day.

Competition in the Afternoon



- High-carbohydrate diets the night before and in the morning of race day.
- Light meal or some snacks only for lunch.

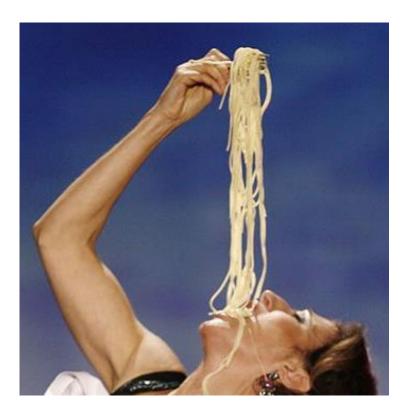
Competition in the Evening

- High-carbohydrate breakfast and lunch on race day.
- Some snacks only in the afternoon.

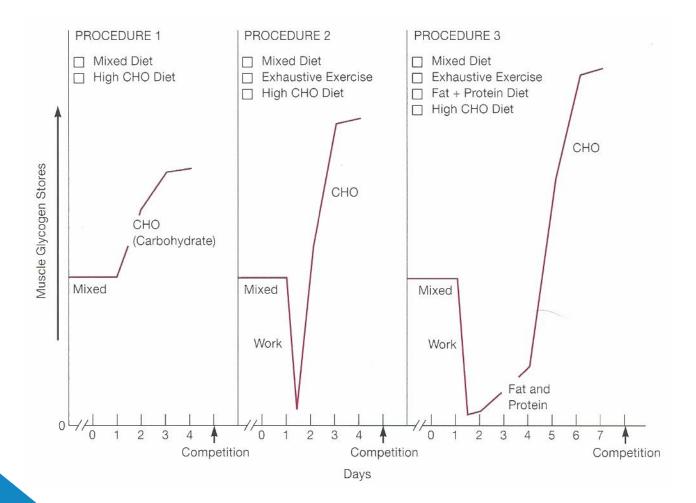
Carbohydrate Loading

Purpose

- To increase total amount of carbohydrates stored in the body before competition.
 - Normally, total amount of carbohydrates stored in the body is sufficient for about 1.5 hours of continuous running.
 - The faster the running speed, the faster carbohydrates are used up.



Carbohydrate Loading



Hydration and Dehydration



- Water makes up almost 40 to 60% of body weight.
- A Marathon runner may lose 6 to 10% of her body weight simply due to perspiration in a race.

Wilmore and Costill (1994)

 Found that a runner, who had finished the 10,000 m in 35 minutes before, could run 2:48 slower (i.e., by 4%) due to dehydration.

Hydration and Dehydration ACSM, ADA, & DC (2000)

Before Exercise

 Drink an extra 400 to 600 ml of water within the 2 to 3 hours before exercise starts.

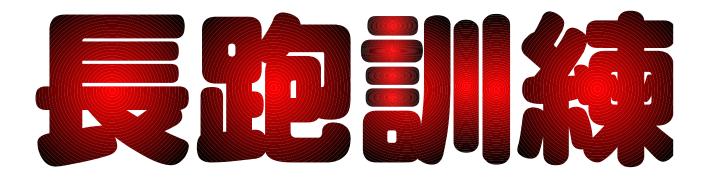
During Exercise

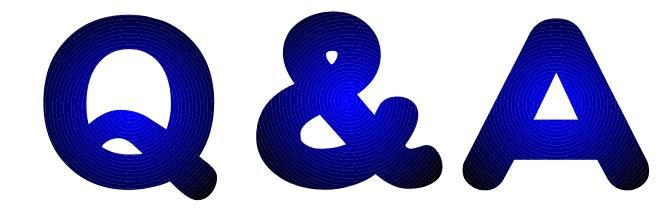
- Consume **150 to 350 ml** of water at **15- to 20-minute intervals**, beginning at the start of exercise.
- also better for the drink to contain 4 to 8% of carbohydrate if the event lasts over one hour.

After Exercise

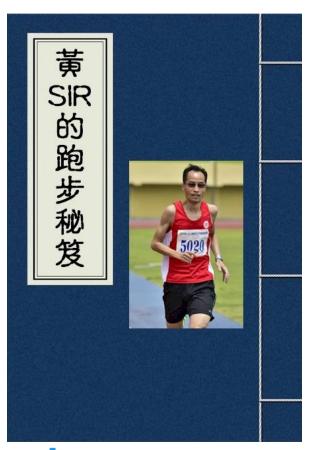
Continue to drink water up to 150% of their body weight loss.

Running Training Q&A





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歡迎閱覽黃SIR的跑步秘笈!!! -- 中長跑訓練、馬拉松訓練、跑步秘訣、運... www.tswongsir-runners.guide/ ▼ Translate this page 看過前面各篇章後,相信有些题友會覺得跑步訓練是頗為複雜的爭情,其實之前的資料只不過是希望介 紹大家認識多一點有關跑步訓練的科學理握,在真正實踐方面卻 ... 提升跑步表現的運動處方。全馬嗎便練咁多、為健康而跑步的運動處方

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[PDF] 中長跑訓練理論與方法

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從心出發看長跑訓練方法與策略 - 渣打香港馬拉松

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