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2015

Bike Athlete Performance, Blog 10

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VCUFLORES

<https://rampages.us/moralesflore/>

Daniel Morales-Flores

LECTURE 3 ASSIGNMENT

VIDEO SEPTEMBER 29, 2015 LEAVE A COMMENT

My 5 hour bike Race foods explained



https://youtu.be/Hdu_aOE1cnE

BOOSTPERFORMANCEVCU, DIGITALESSAY, READINGBLOG

MY WRESTLING NUTRITION

SEPTEMBER 20, 2015 LEAVE A COMMENT

I practiced once a day after school and would usually have to start lose weight for competition 1 week or 2 before. My diet 1 week before competition consisted of 1 protein shake for breakfast, which had around 24 grams of protein. For lunch I would have a fruit and milk and just a sandwich consisting of just lettuce, bread, and 3 slices of turkey. I had sips of gatorade before practice. And after I had one bottle of water and gatorade with fruit and carbohydrates usually food like pasta. A day of and before I had nothing really to eat except maybe a fruit with water, and gatorade , fluids I could sweat off before competition if I had been a little overweight. After weigh-ins I had always drank one whole regular sized gatorade bottle and a sandwich and snacks in between like candy for fast energy in between matches.I had been changing this diet somewhat a little every time depended on when and at what age I wrestled, I have been wrestling since 7th grade. The food consumption did not really help me but I had been used to the diet, so I was used to wrestling with very little carbs in my system at a high intensity. In practice because I was always very energetic the first 30-45 minutes but the last hour I would always be moderate to very slow because of what I ate and drank through out the whole day.