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2015

Bike Athlete Performance, Blog 2

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Bike Race Wow

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

Rianna Davis-Gaetano

BOOSTING ENERGY DURING MY BIKE RIDE

VIDEO OCTOBER 7, 2015 RBDAVISG LEAVE A COMMENT

Here is my video on What I will consume to boost my Energy during the 5 hour Bike Ride. Join me to see how I would fuel myself for this amazing ride!

<https://youtu.be/hhxG4I9y9Ds>



It's going to be a Great Ride, join me to see how I would fuel myself for this amazing ride!

[#VCUBRB](#), [#VCURBB](#), [BOOSTPERFORMANCEVCU](#)

BOOSTPERFORMANCEVCU: PREPPING NUTRITION FOR THE NYC MARATHON

SEPTEMBER 25, 2015 RBDAVISG LEAVE A COMMENT

I have been an athlete for most of my child/young adult life, but went for a period of 8 years, where I had not utilized my energies on training for an event. I decided this year, I was going to train for the NYC Marathon for November 2016. The most I have ever ran was fourteen miles, but since I have trained personal training clients for 10Ks event, as a trainer. I knew I had the capacity to train myself for my dream marathon in NYC. I knew nutritionally, I would have to incorporate specific proteins and carbohydrates, that would assist me in training for such a long

distance. My calorie intake will include 4 servings each day to see, if this will assist in providing the right amount of energy for my running plan. I do not plan to run up to 26 miles, I plan to get to 14-16 miles on a regular basis, and have a enough endurance, stamina, energy to finish the marathon by walking the last 5-9miles. I will try to run 3-5 times a week, starting at 5-8 miles. I will also incorporate some strength and endurance training 3 days a week, in order to improve running efficiency and prevent muscle breakdown for the long distance of 26 miles. Long distance running puts a great amount of stress and strain on the muscles, joints, connective tissues, if the muscles cannot handle the workload. In order to fuel my body for preparation of this event and training, I think my carbohydrate intake should be 50-60% of my daily caloric consumption. I should be consuming a minimum of 575 calories per daily of carbohydrates. My daily caloric intake of proteins approximately 15-25% of my daily caloric intake. Protein will be included in 3-4 of my meals daily, which involve consuming 12-15 ounces daily. My training meal plan In order to incorporate the appropriate amount of Carbohydrates/Proteins will include bananas yogurt smoothie, with multi-grain cereal, multi-grain toast/thin bagel with one egg(breakfast). Lunch will include chicken, and lentils with vegetables (corn or broccoli). The 3rd meal- pre dinner (consume at 3pm, will include tofu or chicken/fish- cod. Dinner will include multi-grain pasta, chicken or tofu, and kale/arugula. My total daily consumption should be around 1500-1600 calories (caloric intake – for my age group $8.7*79\text{kg}+829 = 1516.3$ calories. I believe a great thing about having a year to train for this type of intensive event, is that I will be able to modify my caloric intake in order to accommodate my training needs. I forgot to mention I will be increasing my water intake, but following Academy of Sports Medicine (ACSM) guidelines for proper hydration and fluid balances while training.<https://www.acsm.org/docs/brochures/selecting-and-effectively-using-hydration-for-fitness.pdf>

What is most important to me is that I train effectively for this event, so I can feel as accomplished as any cyclist that was a finalist in the UCI Road World Championship. My motto is: You work hard, train smart, and feel successful. [#boostperformanceVCU](#); [#VCUBRB](#)