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2015

Bike Athlete Performance, Blog 5

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Bike Performance

<https://rampages.us/ericg09/>

Eric Gonzalez

BOOSTPERFORMANCEVCU

ASSIGNMENT 3

SEPTEMBER 30, 2015 [LEAVE A COMMENT](#)

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https://youtu.be/unZ_Aiww_CE

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SOCCER/GYM NUTRITION

SEPTEMBER 21, 2015 [LEAVE A COMMENT](#)

When i came to VCU i wanted to try something new. I wanted to perform better and feel better in what i already love to do. In the upcoming days before I exercise or play soccer I typically plan my meals. Depending on what day it is I consume between 1800- 2500 calories that day. I have two different meal plans, one to go play soccer and the other for when I lift weights. I try to focus on the three main nutrients when consuming, Fats, Carbohydrates, and Protein. I go to the gym at least three times a week and play soccer twice a week at the indoor field. Each day i go to the gym i have a different routine, focusing on different parts of my body. Soccer usually involves 6 v 6 high intense running. When I lift weights I have about 5 meals planned. I wake up and start with oatmeal, 3 eggs and a turkey sausage. This equates to roughly 550 calories; 29 g of Carbs, 18 g of protein, and 22 g of fat. Then about an hour before working out i have a protein bar and my protein shake. That's another 400 calories; 20 g of Carbs, 64 g of protein, and 17 g of fat. I workout for about an hour and a half depending on how long i have to wait for a machine. After working out i eat one banana, an apple, and a post-workout shake. Before my main dish, i like to have an 8 oz chicken breast with salad. My main dish consist of fish, a baked sweet

potato, and broccoli on the side. Once I'm done, I finish my day off with almonds/walnuts mixed with yogurt. In total, nearly 2300 calories, 140 g carbs, 170 g of protein, and 70 g of fat. I've been following this routine for about a year and a half and have seen significant gains. When i started i weighed about 155 lbs and now I'm currently 175 lbs. When i don't do this eating regime and still workout, i feel weak at the gym. My soccer routine is pretty my the same, however minus the protein shake and focusing more on keeping myself hydrated. When I play I sweat a lot and in preventing myself from feeling light headed i drink water throughout the day.