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Bike Athlete Performance, Blog 6

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ESSG Bike Performance

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

Elisabeth Greenwood

BOOSTPERFORMANCEVCU, UNCATEGORIZED

FUEL FOR A 5 HOUR RIDE

OCTOBER 1, 2015 GREENWODES [LEAVE A COMMENT](#)



<https://youtu.be/EU1gbwAE2yw>

BOOSTPERFORMANCEVCU

TRIATHLON NUTRITION

SEPTEMBER 23, 2015 GREENWODES [1 COMMENT](#)

I have been a member of VCU's Triathlon Club for about two years. The quality and quantity of my diet has changed quite a bit those past two years. For most of my life, I have considered myself a healthy eater. It wasn't until this summer, however, that I really examined my diet. I train year-round (aside from a few weeks off every year). I look forward to ramping up my training in the summer since I have more free time. From May-August this summer I exercised 1-2 times per day 5-6 days a week. I would wake up early to beat the heat, go for a run, nap, then head to the gym in the early afternoon for some lifting. Eventually my runs got shorter and shorter, which was not the desired result! I felt that my training wasn't amounting to anything. I talked with a trainer at my gym about my frustrations. He advised me to cut back my sessions to 1 per day and alternate between lifting and running/biking/swimming. He also advised I up my protein intake seeing as I wasn't recovering that well from heavy lifting sessions. Like I said earlier, I always thought I was pretty healthy. It wasn't until this meeting, however, that I realized my diet was protein-, vegetable-, AND fruit-deficient. I now make 1-2 protein smoothies per day. They each have several servings of the fruits and vegetables my body was missing

before. I've always loved smoothies, so it's a real treat to make such a nutritious and delicious meal everyday.

In terms of race day nutrition, I usually eat a bagel with almond butter for breakfast. A half-hour or so before the race I will eat 1 or two Clif Shot Bloks. My races aren't particularly long (about an hour and 20 minutes-give or take). I am usually so nervous the morning-of that it is difficult to choke down a whole bagel but I had a race last spring where I found myself quite hungry only a third of the way through. Needless to say, it was miserable and I didn't do well. I learned my lesson but still have a lot more learning to do!