



# VCU

Virginia Commonwealth University  
**VCU Scholars Compass**

---

Great VCU Bike Race Book Student Blog Posts

Great VCU Bike Race Book

---

2015

## Bike Athlete Performance, Blog 8

Amber Laughlin

*Virginia Commonwealth University*



Follow this and additional works at: [https://scholarscompass.vcu.edu/bike\\_student](https://scholarscompass.vcu.edu/bike_student)

 Part of the [Higher Education Commons](#)

This work is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-SA 4.0) License.

---

Downloaded from

[https://scholarscompass.vcu.edu/bike\\_student/39](https://scholarscompass.vcu.edu/bike_student/39)

This Blog Post is brought to you for free and open access by the Great VCU Bike Race Book at VCU Scholars Compass. It has been accepted for inclusion in Great VCU Bike Race Book Student Blog Posts by an authorized administrator of VCU Scholars Compass. For more information, please contact [libcompass@vcu.edu](mailto:libcompass@vcu.edu).

# Biking 'round RVA

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

Amber Laughlin

**BOOSTPERFORMANCEVCU**

## **PACKING FOR A RIDE**

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



<https://youtu.be/Ozh4JxIWpjo>

## 10K NUTRITION

SEPTEMBER 23, 2015 ALAUGHLIN [LEAVE A COMMENT](#)

When training for a 10k in the spring, I was bouncing back from a lengthy knee injury. My nutritional intake was just as important to training as was easing back into running on my knee. The food and drink that I would put into my body would either have a positive or negative impact on my training session. Too much sugar resulted in slower and shorter runs. Fruits, vegetables, protein and water resulted in faster and stronger runs; which was the ultimate goal! The day of the longer runs I would only have 1 cup of coffee compared to the usual 2-3 cups, and then would only consume water for the rest of the day, which kept me from becoming dehydrated during the run. I would have a small breakfast of yogurt and fruit. Lunch would be a little heavier; ham or turkey sandwich, small salad, fruit, and water. A couple hours after lunch was a small light snack, such as crackers and cheese or protein shake.

The days where I would skip breakfast or lunch or at times both meals, I was unable to complete my exercise due to fatigue or becoming temporarily ill. It became apparent that skipping meals was not an option in order to properly prepare myself for a long distance run.