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2015

Bike Athlete Performance, Blog 8

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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.