

TRIATHLON SEASON HAS OFFICIALLY BEGUN!

Have you decided to train for a triathlon this year, or any endurance event for that matter? It is quite a serious commitment.

For many athletes, the physical demands of running, cycling, or swimming, often twice in one day, aren't even the hardest part. With maxed-out, hectic daily schedules, simply finding the time to train can be the most challenging task of all.

A triathlete's rigorous training program can leave very little time – or energy – for grocery shopping and food preparation. The good news for these athletes is that it is possible to fuel those hard workouts with convenient, on-the-go meals and snacks.

But, does this mean you've got carte blanche to swing through the nearest drive-thru and order a colossal combo meal? Not exactly. You've still got to pay attention to what you're taking in, as well as how much.

So, what should you order? Given that carbohydrates are the quickest, easiest fuel source for working muscles, you'll want to get enough carbs before long (more than 60-90 minutes) endurance sessions to fuel performance, as well as immediately post-training to start your muscle recovery process.

How much carbs do you actually need? Although it varies from person to person, a general guideline is 0.5 to 0.75 grams of carbohydrate per pound of body weight as a pre-training meal (meaning one to four hours prior to exercise). Taking in this same amount of carbohydrate is also recommended within the first hour after exercise for optimal muscle replenishment.

So, this translates into 75 – 112 grams of carbohydrate for a 150-pound athlete, both pre- and post-workout. Although it may seem like a lot in today's carb-phobic world, you'll see from the following examples that you don't have to eat an insane amount of food to reach these quantities.

It should also be noted that pre- and post-workout are two windows of time where lower fiber (more refined) carbohydrates are actually appropriate – along with less fat and protein - for more rapid digestion, absorption, and minimal gastrointestinal distress.

Happy Training!



Molly Kimball, RD is a sports and lifestyle nutritionist who can be reached at 504.842.9572. [M6FM](#)

TRIATHLON

Fuel

THE FOLLOWING CHART GIVES YOU A FEW EXAMPLES OF SNACKS OR MEALS FOR PRE- OR POST-TRAINING.

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
McDonald's Premium Grilled Chicken Classic Sandwich, no mayonnaise	50	32	4.5	370
McDonald's Fruit 'n Yogurt Parfait	31	4	2	160
McDonald's Strawberry Sundae	49	6	6	280
Wendy's Roasted Turkey & Swiss Frescata, no mayonnaise	50	25	14	410
Wendy's Plain Baked Potato	60	7	0	270
Wendy's Small Original Chocolate Frosty	56	8	8	330
Taco Bell Bean Burrito	55	14	10	370
Subway 6" Veggie Delite	44	9	3	230
Smoothie King	80	6	1.2	340
20-ounce Muscle Punch Plus				
Smoothie King 20-ounce Slim-N-Trim Orange-Vanilla	43	5	0.5	199
Vitality Juice, Java and Smoothie Bar Turtle Smoothie, 16-ounce	48	11	8	339
Starbucks Grande Caffè Vanilla Frappuccino® Blended Coffee, no whip	72	6	3.5	340
Deli Bagel, plain	62	10	1	280
Wow Café and Wingery	60	25	11	440
West Coast Veggie Wrap, no Ranch				
PF Chang's Brown Rice	73	7	2.5	350
PF Chang's Garlic Noodles	111	18	11	610
16-ounce bottle 2% chocolate milk	60	14	10	380