

## HIGH PERFORMANCE EATING (PART 1)

Good nutrition is an essential part of your training and racing regime. You'll only get the best results if you give your body enough fuel of the right type.

There are three aspects to high-performance eating: what you eat; when you eat; and how much you eat. We all know we should eat a varied, well balanced diet, but how do you know you've achieved that? To start with, you need to work out your daily calorie needs, and then the right mix of the 'macro nutrients', i.e., protein, fat and carbohydrates:

- **Protein:** 1.0-1.5 grams per kg body weight per day. (1 gram is enough unless you're doing heavy weight training).
- **Fat:** 1.0 gram per kg body weight per day.
- All the rest of your calories should come from carbohydrates.

This method is better than a 'percentage split' formula because it provides protein and fat at the optimum levels, regardless of your calorie intake. For example, if you're running a 100km ultramarathon, you'll need to consume an extra 8,400 calories: but your protein and fat requirements remain unchanged from a normal day. You just need more carbohydrates.

You can use this Excel spreadsheet to calculate your calorie and nutrient requirements:

<http://www.fittleworthflyers.org.uk/training/docs/calorierequirements1.xls>.

If you don't have Excel, see this document for a manual calculation:

<http://www.fittleworthflyers.org.uk/training/docs/caloriesandnutrients.pdf> .