



Tip #2: *CALORIC INTAKE*

23rd Annual Halifax Summer Regatta

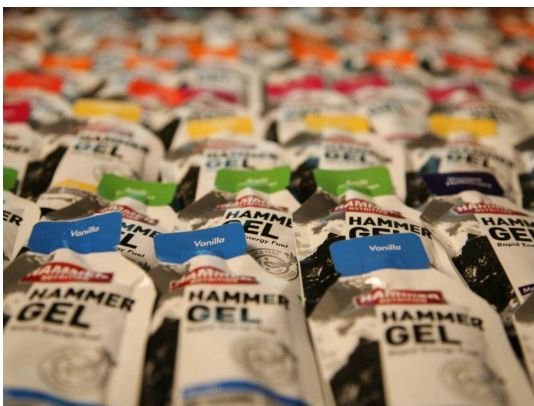


**RESTRICT CALORIC INTAKE TO
120-180 CAL/HR DURING EXERCISE**

For best performance, DO NOT follow the "calories out, calories in" advice given by some "experts." Instead replenish calories in "body cooperative" amounts, allowing your fat stores to make up the difference. **For most athletes, 120-180 calories/hour is the ideal range.** In very rare instances, larger athletes and hyper metabolic types may need slightly more calories per hour.

Workouts/races of 2 hours or less: choose a fuel with complex carbohydrates, not simple sugars (glucose, sucrose, fructose, etc.). Simple sugars cause energy peaks and crashes, and must be mixed in weak concentrations for efficient digestion. Complex carbohydrates absorb at about three times the rate as simple sugars. Plus, you get steady, reliable energy—no peaks and valleys.

Workouts or races of 2-3-hours, or more: Fuel primarily with complex carbohydrates, not simple sugars. Also, 10-15% of your fuel's calorie content should come from protein, ideally soy, to help satisfy energy requirements and prevent muscle tissue catabolism.



The Goods

Want to train with what's going to be on course?



Count your Calories

What and how much to consume during exercise.

[Sample the Wares »](#)

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