

THE "LITTLE" (BIG) THINGS

Parents, your daughters could really use your help and discipline with following through on the items below. Since we are in a very competitive area, an athlete doing the "little things" becomes even more essential.

Training with the team *without* missing days is one of the most important things an athlete can accomplish as they work to improve.

- Physiologically, missing TWO consecutive days of training/running results in losing 50% of the last workout.
- Missing THREE consecutive days results in losing the entire last workout AND 50% of the workout before last!

BUT . . . right behind this ideal is proper rest, diet, and hydration which will help athletes recover, regenerate muscles, avoid illness, and reduce the likelihood of missing training days. Athletes who commit to excellence and competitiveness have no trouble establishing diet, rest, and hydration as a priority. Those who run for other reasons often have a more difficult time establishing that priority.

The definition of SACRIFICE is giving up something that you want to do.

Athletes must work hard on hard days, but ALSO perform like an athlete "off the course".

Train Hard, Have Fun, Reap the Rewards!

SLEEP

- An athlete is SEVEN times more likely to get a cold than a sedentary person.
- Going to bed at the same time (within 15 minutes) EVERY night reduces your susceptibility to colds by 400%! Getting up at the same time is not significant.
- The immune system is restored by sleep and proper diet. Running intensively causes a heightened (immediate) state of immunity followed by a rapid drop to a position of susceptibility to viruses.
- Sleep is when the body adapts to training. A proper diet complements this.
- 8.5 to 9.5 hours of sleep per night are ideal.
- Avoid drinking anything or talking on the phone within 20 minutes of when you want to go to bed.

DIET

- Proper nutrition helps keep the immune system strong despite the stresses of running.
- A proper diet includes iron-rich foods: red meat (at least TWO 4-ounce portions per week), liver, turkey, breakfast cereals w/ enriched iron, beans, broccoli, cream of wheat, spinach.
- Complex carbohydrates (breads, fruits, veggies, noodles, Powerbars) should be eaten within 90 minutes of a hard workout ("the carb window").
- Consuming 1000 milligrams of calcium & 400 IUs of vitamin D daily goes a long way towards preventing stress fractures, particularly among female athletes.
- Eat a balanced group of foods. . . not a lot of one thing, and vary your intake of foods; trace nutrients come from a variety.
- Four or Five smaller meals per day are best. Keep blood sugar levels up.
- Eat something within 15-20 minutes after working out . . . but before you go home; this prevent the "binges" at home prior to dinner time.
- A good "meal sequence" would be:
 - **Breakfast:** good carbs (eat 30-60 minutes before a workout on Sat.)
 - **Midmorning / midafternoon** if 7th hour lunch: fruit, Powerbar, dairy
 - **Lunch:** avoid high-fat school lunches and the "fries, chips, & Coke"
 - **Post-workout:** 20 oz. Gatorade/ coconut water/ choc. milk & Powerbar/ fruit
 - **Dinner:** Varied items
 - **Bedtime snack:** with Gatorade (brush teeth well since Gatorade contains high amounts of sugar) or coconut water
- Insurance: With parent permission, take a 1/day **multi-vitamin for women with iron**; this provides nutrient supplements and helps guard against anemia

HYDRATION

- Do NOT share water bottles or drinks.
- Electrolyte replacement. **Water is NOT enough.** Gatorade provides sodium and carbohydrates and they speed through the digestive tract to replenish the muscle glycogen quickly. Coconut water & chocolate milk (e.g., Horizon milk boxes) also make a good **recovery drink**. *Recovery drinks should be consumed within 15-20 minutes after a workout.*
- We get plenty of water through food (roughly 30% of our daily requirement) and the body recognizes this as if you drank it. Drink water, realize that some also comes from food, and use recovery drinks to help with carbs. & electrolytes.
- Proper hydration reduces the body's tendency to become ill. Sip water all day in school.