



FINISH FAST[®]
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THE FOOD FACTOR

12 Weeks to Finishing Fast



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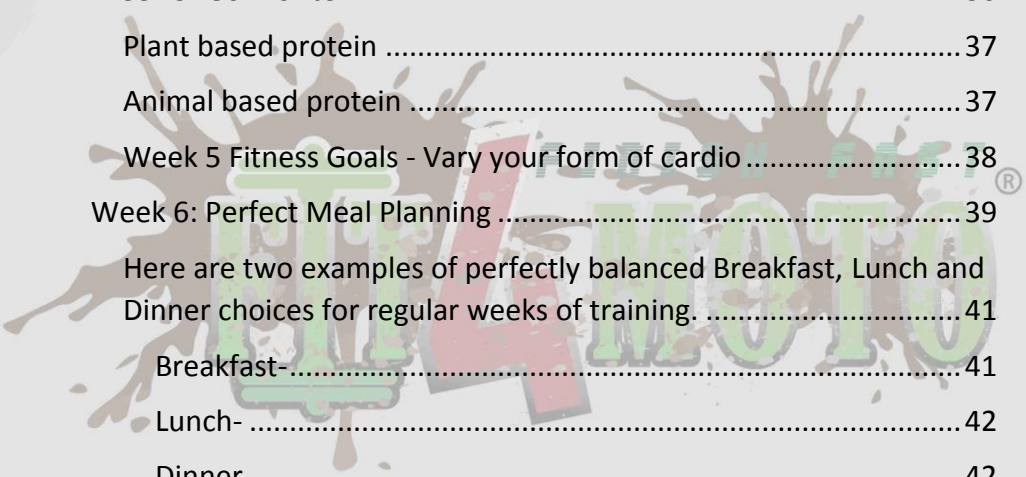
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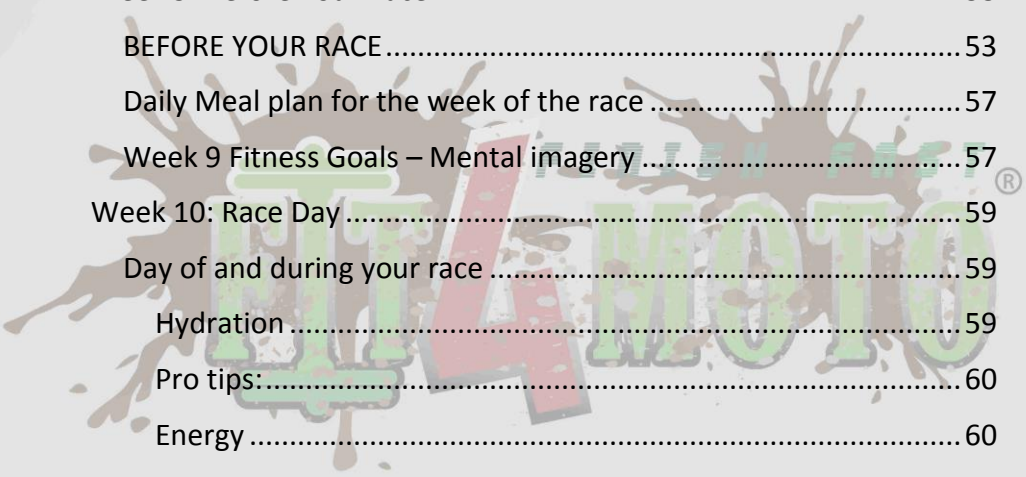
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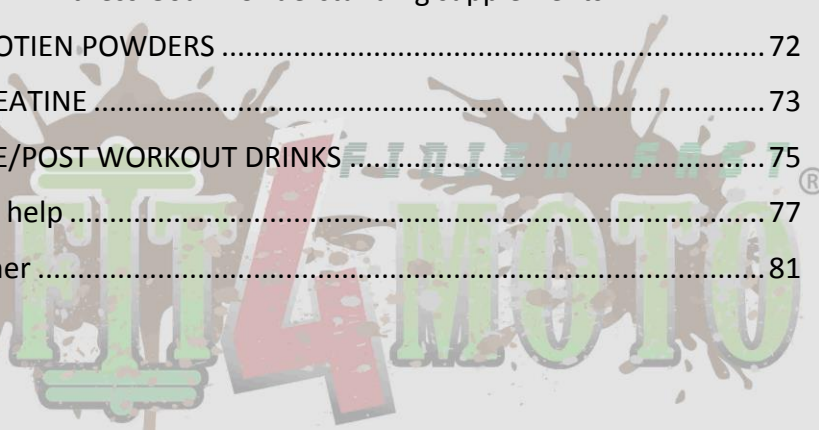
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12 Week Nutrition Guide for Motocross and Off-Road Motorcycle Racing

So you are ready to race. Whether you are on a 125, 250 or 450 or perhaps a Dirt Rider reader looking to get started in motocross (MX) and/or off-road motorcycle racing, this 12 week plan is here to help you take charge of the fuel that runs your most important equipment– your body.

Like putting the wrong gasoline (or not enough) in your ride, nutrition accounts for 80% of your fitness. As Aldon Baker, famed trainer to 2015 Hall of Famer Ricky Carmichael, states - “You can be as fit as anyone, but if you run out of steam, it does you no good.”[®]

Even the most high performance ride can only go as far as its handler’s capacity, your capacity.

Your capacity is a measure of 5 pillars –

1. Riding ability
2. Aerobic and anaerobic endurance and power
3. Muscular endurance, strength and force
4. Flexibility
5. Mental power and sharpness

Mastering of all these 5 pillars will take you from an unconditioned rookie to that physically fit champ. Nutrition goes hand in hand with all these 5 pillars, however the nutrition side is often neglected and tends to be underestimated as to how much it contributes to your conditioning.





Neglecting nutrition - Rookie mistake #1.

Good nutrition is what is going to give you that edge to take your riding to that next level. Good nutrition is what food gives us to keep our bodies and mind running strong and healthy. Fresh foods and properly crafted nutrition offers the most dynamic energy and powerfully restorative tools that your body needs.

In a nutshell the right food choices helps us grow stronger and faster while the wrong food choices makes us slow. Even if you are in reasonably good health, you will still greatly benefit from making the sound choices suggested here in this write-up to take your fitness and foremost your riding practice to the next level.

In this plan we got you covered for all you need to know about proper nutrition and also some fitness tools you need for this sport. This plan is for the weekend warriors, all the way to the amateur competitive racer. So get ready to fine tune your body like a champion.

Week 1: Sitting On The Gate

You may have heard the saying – **You can't out-train bad nutrition.** The first plan of action you need to take, is to remove the five obstacles (bad nutrition) that are going to limit your body's maximum performance. Here are the five basic obstacles you need to tackle.





Obstacle 1 - Junk Food

Junk food's main suspects are - refined or simple carbohydrates and food with added processed sugars. These don't provide much nutritional value and will give you a sugar crash, last thing you want when racing is to feel sedated.

Examples of simple or bad carbohydrates are chips, crackers, white bread, white rice, French fries, fruit juice, candy and high sugar energy bars (more than 10g per bar).

Instead Choose: Whole grain bread, brown rice, baked potato, sweet potato fries, whole grain pasta, fruits, dark chocolate and low sugar energy bars (less than 8g per bar).

Obstacle 2- Sodas

We all know sodas are bad for us and diet soda is not any better either. Both are nutritionally empty and offer you nothing for your performance. Diet sodas may claim to be zero sugar and zero calories, however the artificial sugars wreck your insulin levels and burdens your body to try to process artificial chemicals it doesn't recognize

Instead Choose: Regular coffee, unsweetened iced tea, low sugar energy drinks (less than 5g of sugar per serving) and sparkling water instead.





Obstacle 3 - Sports Drinks

The excess sugar in most sports drinks are really unnecessary, and those radioactive blue and green coloring are just plain chemicals. There are a few healthier alternatives out there in the form of powdered electrolyte mixes.

A good electrolyte mix should contain a mix of potassium, calcium, magnesium, chromium, manganese and sodium. Most professional athletes do not consume sports drinks unless they are in the trenches of a rigorous race.

Instead Choose: Sports Drinks with less than 10g of sugar or less, you may dilute it with equal parts water, to cut the sugar more, or choose a natural sports/energy electrolyte mix with no added sugars. Coconut water is also a good natural sports drink choice.

Obstacle 4 - Alcohol

Alcohol affects your insulin levels, doesn't allow your brain to run at its optimum, dehydrates your body and even though it may help you sleep it's not restful sleep. No need to go cold turkey, start cutting down. We already know that alcohol is not good for any athletes and I don't think we need to beat a dead horse, so do your best to limit the amount consumed.

Instead choose: Stress management techniques, non-caffeinated teas and limiting your alcohol.





Obstacle 5 - Fast Food

This also goes back to junk food, however sometimes it's the only option for food.

Instead choose: Start switching from deep fried and breaded to grilled alternatives. Skip the French fries go for the baked potato and of course skip the soda. Load up on extra veggies and avocado. These changes do not have to be hard, this program allows you to make small changes weekly, which will allow you to perform on your bike at your best. Stay flexible, stay consistent and you will be able to ride out these changes without too much turbulence. The goal is to put the best fuel in your body. Choose an option that will fit into your recommended daily amounts as prescribed later in the guide. And look at the end of the guide for a few tools to help you know what you are eating.

After lap one - How to Read Macronutrients On A Food Label.

Now that we know what the main macronutrients are, let's see how to read them on a food label a.k.a nutritional facts label.

The basic blueprint of a nutritional facts label is shown in the diagram below.

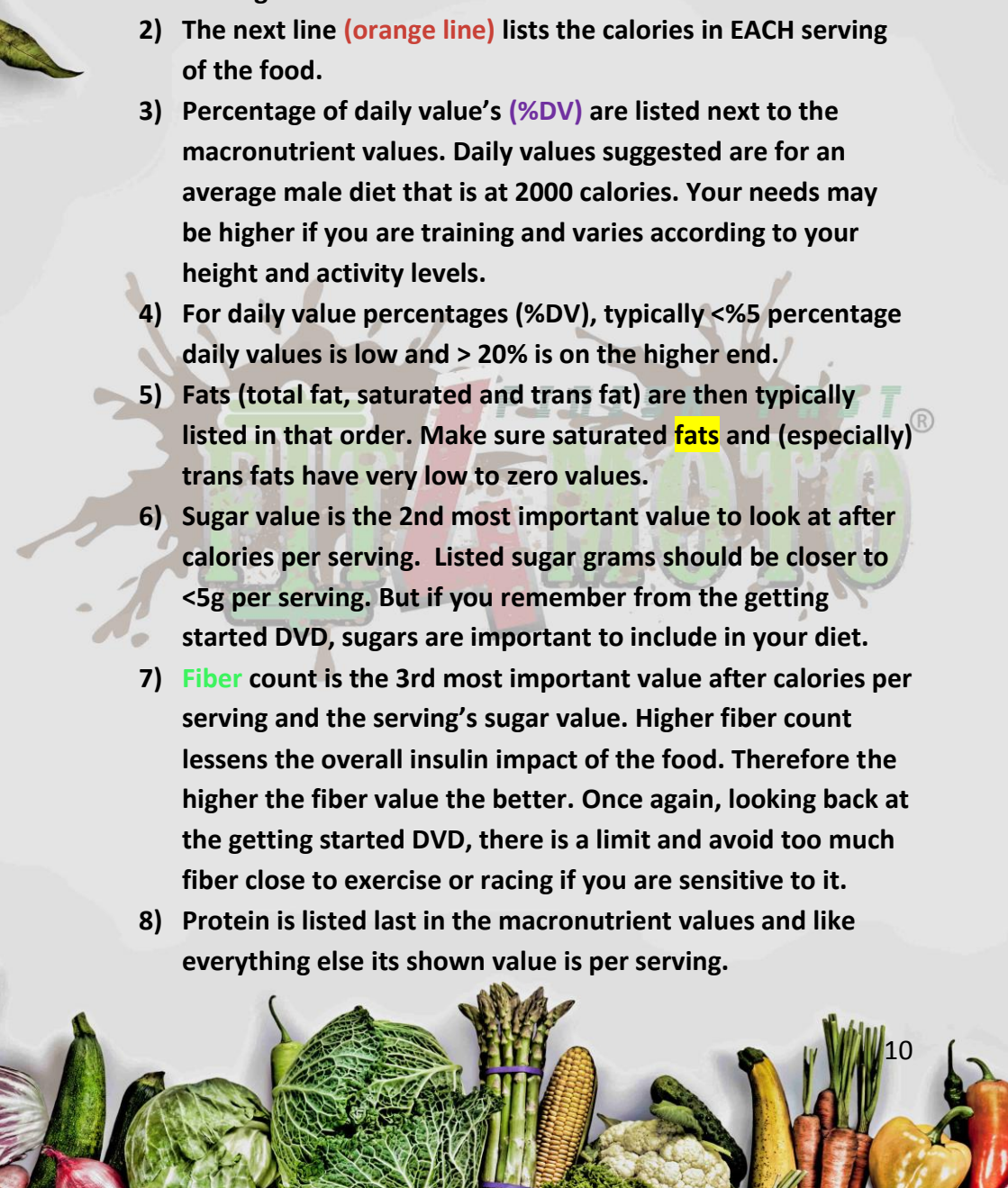
- 1) Start at the 'serving size' (first blue line) - each serving's calories and its other macronutrient values are the values shown on the label. The TOTAL calories of the whole food






product will be the calories listed times the number of servings listed in the 'container'.

- 2) The next line (**orange line**) lists the calories in EACH serving of the food.
- 3) Percentage of daily value's (**%DV**) are listed next to the macronutrient values. Daily values suggested are for an average male diet that is at 2000 calories. Your needs may be higher if you are training and varies according to your height and activity levels.
- 4) For daily value percentages (%DV), typically <5% percentage daily values is low and > 20% is on the higher end.
- 5) Fats (total fat, saturated and trans fat) are then typically listed in that order. Make sure saturated **fats** and (especially) trans fats have very low to zero values.
- 6) Sugar value is the 2nd most important value to look at after calories per serving. Listed sugar grams should be closer to <5g per serving. But if you remember from the getting started DVD, sugars are important to include in your diet.
- 7) **Fiber** count is the 3rd most important value after calories per serving and the serving's sugar value. Higher fiber count lessens the overall insulin impact of the food. Therefore the higher the fiber value the better. Once again, looking back at the getting started DVD, there is a limit and avoid too much fiber close to exercise or racing if you are sensitive to it.
- 8) Protein is listed last in the macronutrient values and like everything else its shown value is per serving.



- 
- 9) After protein the four main micronutrients (**vitamins and minerals**) daily value percentages are then listed per serving.
- 10) Lastly the footnote lists the basis on how the daily values were calculated by.



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Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Potassium 700mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% **Vitamin C** 2%

Calcium 15% **Iron** 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Start here

Check Calories

Quick Guide to % DV

5% or less is low

20% or more is high

Limit these

Get enough of these

Footnote



Week 1 Fitness Goals - Get to Your Right Weight

This goal takes longer than a week to achieve, but it's time to get that on track. Your body weight is crucial to your success. The heavier you are the more sluggish your bike will ride. Take a look at your favorite professional rider's body type, they always tend to be on the lighter side while maintaining maximum strength. Following the 1st week's diet guidelines and getting daily exercise will help you achieve your goal weight rather quickly.

There are countless online calculators to help you figure out your ideal weight to optimize your performance.





Week 2: Getting Through The First Corner CLEAN



Well done on following our week 1 guidelines, give yourself time to accept any changes and challenges that you face. And as change happens, recognize that you may need time to adjust. Keep up the dedication. Now that you've cut down the bad nutrition habits, it's time to see how to further rev up your regular diet this week.

Increase Your Water Consumption


With all your training it is easy to get dehydrated easily. Hydration[®] affects muscle growth, recovery and weight loss

How much – 1 Gallon of water (16 X 8oz glass) a day on non-training days at the least.

How often – Drink 1 liter (33 oz.) of water within the 1st hour of waking up to jumpstart your metabolism. Rest of the day drink a glass of water every 90 minutes or so. If you want to add some flavor you can add some fresh lemon juice which also helps to flush out your liver and kidneys (your major fat burning organ).

On Training days - When training, drink 8 oz. (1 Cup) of water every 15 – 20 minutes. And don't forget to continuously hydrate throughout the day. When training on your bike bring a hydration pack like a Camelback with you. We have some more race day hydration information coming up as well.



- 
- ✓ **Don't Drink Coffee Within the 1st Hour of Waking up**
Put simply, coffee within the first hour of waking up causes cortisol levels (stress hormones) to soar. Lower cortisol levels allows your body to use energy more efficiently throughout the day.
 - ✓ **Add in a Variety of Fruits and Vegetables Everyday**
Fruits (not fruit juice or dried fruit) are tasty, nutritious and give your body natural vitamins, minerals, sugars and hydration.
 - ✓ **How much - 1 fruit daily + 2 vegetables daily - 2 to 3 varieties of fruits + 2 to 3 varieties of vegetables every week.**
 - ✓ **Try to choose organic when possible. As you know a clean engine runs well. So keep your (body) engine clean by minimizing pesticides that are going into your body.**

Get Plenty of Sleep

Sleep is powerfully restorative to the mind and body. It repairs, resets and strengthens your body, muscles and brain. Without adequate rest your body and mind are stressed and your body won't operate at its peak performance. Every individual varies on the amount of sleep they need to feel rested, in general aim for 8 to 9 hours of sleep. Avoid consuming caffeine 4 to 5 hours prior to sleep and if you must have a drink stop at least 2 hours before you'll be going to sleep.





In a Stanford University study, researchers found that college football players who tried to sleep at least 10 hours a night for seven to eight weeks improved their average sprint time and had less daytime fatigue and more stamina resulting in higher performance. Researchers at the University of Chicago found that dieters who were well rested lost more fat, resulting in 56% of their total weight loss than those who were found to be sleep deprived, who consequently lost more muscle mass. They shed similar amounts of total weight regardless of sleep, but you want to keep the muscle, ditch the fat. Dieters in the study also felt hungrier when they got less sleep. Sleep and metabolism are controlled by the same sectors of the brain.

Week 2 Fitness Goals - Get Flexible

Stretch Every Day after a Hot Shower

Flexibility is a key element in the success of a rider. Flexibility allows for greater agility, balance and enhanced coordination on the bike and gives you a less chance of injury. If you have pets you will notice that the first thing they do when they get up, is to stretch. With our busy lives and distractions we tend to ignore this vital piece of our health puzzle.

Stretching also improves:

- Circulation and brings blood flow and nourishment to your muscles.





- It also helps to get rid of lactic acid buildup and stress by-products in the muscle tissue. This allows for faster recovery time from training which means you stay on top of your game.

Try to stretch every day after a hot shower and whenever you exercise. If you have limited time, do your stretching post workout when your muscles are already limber and it is also a good way to decompress and complete a workout. If you have a particular tight area try working that area twice a day when warmed up.

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Week 3: Get The Energy To Sprint The First Lap - Macronutrients

Even if you were in reasonably good health, if you've been following our guidelines thus far, you will have noticed great benefits already from making the sound choices suggested in this program. This week let's try to understand the basics of sound nutrition.

Nutrition is made up of **Macronutrients** and **Micronutrients**.

Macronutrients

Macronutrients are that which provide calories - which is energy. The main macronutrients are:

- **Carbohydrates**
- **Proteins**
- **Fats**

The correct proportion of these macronutrients are necessary for optimal physical and mental energy. This is due to something called the **Respiratory Exchange Ratio (RER)** where your body will choose how much or which macronutrient to use depending on physical





exertion. We will show you examples of meals that provide optimal carb: protein: fats ratio to help fuel your practice.

Carbohydrates

Carbohydrates provide the most readily available source of energy, it is also brain food. Within carbohydrates we have complex carbohydrates (good) and simple carbohydrates (bad).

- **COMPLEX CARBOHYDRATES**
Complex carbohydrates are the healthiest sources of carbohydrates.

What are they? Whole grain wheat, whole grain brown rice, whole grain quinoa, sweet potato with its skin, a whole apple, black beans, whole nuts etc.

- **SIMPLE CARBOHYDRATES**
Simple carbohydrates are usually food that has been processed to strip it of fiber and other nutrients in an attempt to make it more palatable by increasing its sugar content.

What are they? White bread, white rice, French fries, fruit juice etc.

Pay attention to how many carbs you are eating - Following a diet consisting of very low amounts of daily carbohydrate for several days will result in a higher level of blood ketone bodies, known as a





state of ketosis. In this state, the body will convert from carbohydrates as the primary energy source to fats as the primary source. During this transition period people will often go through a period of 2 or 3 days that they will be very lethargic, foggy memory, and have an overall bad feeling. Ketosis is often confused with the potentially fatal condition seen in type 1 diabetics known as diabetic ketoacidosis. Somebody suffering ketoacidosis will have much higher levels of blood ketone bodies along with high blood sugar, dehydration and electrolyte imbalance, so the two show similar signs but have much different meanings.

The brain usually relies on sugars (aka glucose or carbs) for its energy source. Long-chain fatty acids cannot cross the blood-brain barrier, but the liver can break these down to produce ketones and allows the brain to use them for energy. The medium-chain fatty acids however can cross the barrier and be used by the brain. Gluconeogenesis allows us to synthesize some glucose from specific amino acids in use as energy. Think of glucose as energy. We have a fluctuating level within us, and the nutrition that we take in will effect that level substantially.

Yet another tick in the importance of proper nutrition box.

We typically cannot metabolize all types of carbs to yield energy. Glucose is a generally universal and accessible as a source of calories. For the most part we can easily break down starches into glucose, though these complex carbohydrates are not as easily digestible, they represent an important dietary element for humans, called dietary fiber.





Fiber enhances digestion amongst its other beneficial things, but for fitness purposes fiber becomes important when we look at the overall intake relative to our carb intake. For example if someone has an intake of 200 grams a day of carbohydrates, it is important to have an intake of roughly 50 grams of fiber. Often we hear of the role that fiber plays in keeping our digestive system regular, but fiber also aids in the digestion and break down of the food that we take in. That means we can more effectively process our nutrition.

Complex carbohydrates are a crucial source of energy for Motocross (MX) and off-road racers. It is important to choose complex carbohydrates that have a good amount of natural fiber to give us sustained energy and keep our digestive system moving. In the next few weeks we further cover how to optimally fuel your body pre-[®] race, on race day and post-race.

Protein

If our body is like a Lego figure, protein is the building blocks of Lego pieces that build everything in our body, and amino acids are the building blocks of protein. Certain enzymes that synthesize amino acids are not present in animals. For people like us, amino acids are obtained through the consumption of foods containing protein. Ingested proteins are then broken down into amino acids through digestion. Some ingested amino acids are used for protein biosynthesis, while others are converted to glucose through gluconeogenesis. This use of protein as a fuel is particularly important under starvation conditions as it allows the body's own proteins to be used to support life, particularly those found in





muscle. So that means when we are not supplying the body with the protein it needs, we are literally breaking down the muscle we have to sustain an energy source and allow us to live. Now we are starting to see the importance of proper nutrition.

Amino acids are the building blocks of protein. As we train our muscles and break down the fibers, the amino acids are needed to not only rebuild the muscle fibers that we have placed micro tears in, but also to build more of the same fibers due to the demand that we created on them. Protein becomes very important in the repair and construction of our muscle tissue.

A well balanced diet provides more than adequate protein for most people even athletes. It is important to choose from both plant and animal based sources of protein.

Plant based protein

Best examples of plant based protein include:

- ✓ Legumes
Such as green peas, lentils, beans and peanuts.
- ✓ Seeds
Such as quinoa, chia seeds, hemp seeds and buckwheat.
- ✓ Some fruits and vegetables
These fruits and vegetables contain a good spectrum of amino acids such as green peas, avocados, asparagus, cauliflower, tofu, broccoli, spinach etc.





Animal based protein

Best examples of animal based protein are lean meat and poultry proteins which include:

✓ LEAN MEAT

Most of the leaner cuts come from the animal's hip or hindquarter region. "Round" or "loin" or "Rump Steak" are keywords to look for when you want the leanest cut of meat (think top round, sirloin, top loin, tenderloin, eye round, etc.).

✓ POULTRY

Generally, white meat, such as boneless, skinless chicken or turkey breast are the leanest cuts of poultry. However, dark meat contains more B vitamins (such as thiamine) and iron, although it's higher in saturated fat. Choose leg or thigh pieces once in a while.

✓ OTHER sources of good protein

These include eggs, fortified dairy milk and cheese and fortified non-dairy milk.

Fats

Healthy unsaturated fats often gets lumped together with bad saturated and trans-fats and thereby get a bad rap. Good dietary fat is a crucial source of energy and allows our body to absorb major critical nutrients.





Just like carbs, over the years fats have gotten a bad rap as what is causing the obesity to rise. False information.



Fats are essential in maintaining healthy skin and hair, insulating body organs against shock, maintaining body temperature, and promoting healthy cell function. Simply put, without fats, our bodies would not function. Fats also serve as energy stores for the body, having roughly 8.8 calories per gram. So as you can see, one gram of fat has twice the calories per gram than that of carbohydrates or proteins.

Fats are broken down in the body to release glycerol and free fatty acids. The glycerol can be converted to glucose by the liver and thus used as a source of energy when carbs are low, or if the body process calls for it. Importantly, fat also serves as a guard for us against a host of diseases. They are like your own little gate keepers or security patrol. When a particular substance, whether chemical or biotic, reaches unsafe levels in the bloodstream, the body can effectively dilute or at least maintain equilibrium of the offending substances by storing it in new fat tissue. This helps to protect our vital organs, until the offending substances can be metabolized and/or removed from the body by such means as excretion, urination, or other natural bodily functions. Generally it is impossible to remove all of the fat from the diet, but more importantly it would be dangerous to do so.

Some fatty acids are essential nutrients, which means that they can't be produced in the body from other compounds and we need to be consume them via nutrition. All other fats required by the





body are non-essential and can be produced in the body from our own system.

In addition, vitamins A, D, E, and K are fat-soluble, meaning they can only be digested, absorbed, and transported in conjunction with fats. All in all, you can begin to understand the importance of proper nutrition.

What's a good fat? Typically unsaturated, poly-unsaturated (Omega 3's) and mono-unsaturated fats are the good fats. Here is a guideline for healthy consumption of unsaturated fats.

Best sources of Healthy fats

✓ PLANT BASED FATS

Such as avocados, extra virgin olive oil, nuts and seeds especially walnuts, cashews, almonds, pistachios, chia seeds, hemp seeds, flax seeds, sunflower seeds and pumpkin seeds.

✓ FISH AND SEAFOOD

Best sources of omega 3 fatty acids come from these environmentally friendly seafood and fish choices, wild salmon, responsibly farmed Atlantic salmon, Atlantic mackerel, anchovies, sardines, sable fish/ black cod, oysters, trout, snapper, herring etc.





Keeping up to date- The IIFYM method of nutrition

IIFYM simply means that you can eat whatever you want, as long as it fits in to your macronutrient profile. And that your body doesn't know the difference between a gram of rice or a gram of sugar ****strictly from an energy standpoint NOT a general health stance****

This has obvious implications from a health standpoint but in terms of energy expenditure, it does hold to be true. Anecdotally, thousands of people have used this method and it does work. 100%.

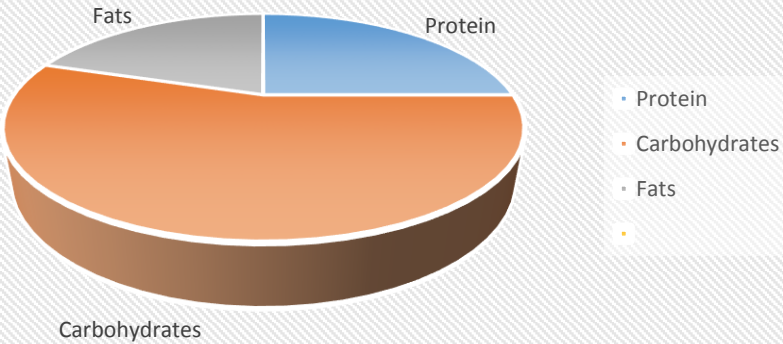
However, there are limits and as mentioned there are obvious disadvantages (i.e. insufficient dietary micronutrients) to this method.

So for example:

- Chris is able to consume 3000 calories per day to maintain his ideal weight for racing and overall health. Split into the macronutrient percentages would be
 - ✓ Carbohydrates : 55%
 - ✓ Fats : 20%
 - ✓ Protein : 25%



MacroNutrient Ratios



Now if one gram of protein yields 4 calories, one gram of carbohydrates yields 4 calories as well and one gram of fat yields 8 calories, with simple math we can see that his macronutrient ratio based on 3000 calories for the day would be:

- Protein – 188 grams
- Carbs – 413 grams
- Fats – 75 grams

So according to the science and research, as long as Chris hits those numbers, the source of the calories (i.e. peanut butter, pancakes, pork etc.) does not matter. **Speaking strictly from an energy standpoint.**



IIFYM eating goes against conventional ways and ideologies of eating and the notion that anyone who wants to get in shape has to eat a stringent diet. IIFYM is not composed of a limited number “clean foods,” that is list in other pages and doesn’t need to be eaten at precise times throughout the day. Nor does it say that you must have certain types of food pre and post workout, or that any deviation from this strict structure is breaking the rules of dieting.

Sounds great right? I can eat blocks of cheese, ice cream, pop tarts, and all the fast food I can handle so long as it fits into my macronutrient profile....

You must be flexible with your diet, but there are limits and pop tarts are an acceptable form of carbohydrates to eat all day, and I will tell you why.

Picture we were at to the airport, and in front us of sits an F-18 fighter jet. I tell you “all we need now is to fill it up with gas and we can head off to battle with it”. I do believe in eating at times our bodies need or want it most, and that includes the myth of not eating carbs before bed (which isn’t true). You can eat throughout the day as you need so long is it adds up to your daily total. Timing is not the end all be all, but having the right meal timing is important for your overall success. Generally eating every two to three hours is best, but that is also a *wide* guideline.

You get all excited and before you can ask me where the hose is, I am filling the tanks with purple colored farm fuel. The lowest grade money can buy that is still considered gasoline. Confused you ask me “But Mitch, isn’t this thing supposed to have jet fuel?”





“Nah! Fuel is fuel right? Gas is gas, I’m sure it will run just fine!”

Well you already know that to perform at its best in the midst of battle, the fighter jet needs the proper fuel. By filling it up with garbage it is sure to sputter out and eventually crash.

Our bodies are no different. We are not meant to eat the processed foods like candy bars, ice cream, pop tarts, or any other food that we have not been eating for thousands of years. If we are dumping “farm fuel” into our bodies, how can we expect our muscle, lungs, heart, and mind to perform at the top level when we want it to, like when we are in the gym, or in the midst of our battle, our race? I’m my opinion IIFYM is a lazy way of eating. It is for those who are not determined to do everything possible to develop and maintain their goals.

The added benefit of keeping substandard food sources to a minimum is not only fat loss, but a body that is ready to fight disease and breakdown to its best ability. There are countless nutrients in things like veggies that alkalize our bodies and aid in fighting disease and breakdown of important systems.

Also this way it allows you some flexibility in your diet and keeps your cravings down. For instance, if you are craving something in particular, you can have that and add it into your daily macro totals. You should find the cravings should subside. Like anything do not use it as an excuse to eat a ton of something you know you shouldn’t.





Week 3 Fitness Goals - Get On the Track

5 Smooth Laps

Make a plan to get on the track and aim to do 5 smooth laps. Bring a stop watch, notepad and a pen and make a note on your times and what you found challenging and what strength and conditioning aspects you want to improve on.





Week 4: Eat Your Vitamins For Performance

Now that we have seen what the major sources of calories, macronutrients, are and their healthiest choices, let's take a look at the micronutrients your body needs.





Micronutrients -

Vitamins and Minerals

Vitamins and minerals make various bodily functions happen. Each vitamin and mineral has a different and important job in our body. Some foods like fresh fruits and vegetables have more vitamins and minerals than others (mom was right).










Vitamin	Function	Which Foods Have it?
A	Keeps eyes, skin, teeth, and bones healthy.	<p>Red, Yellow and Orange foods like Tomatoes and Carrots.</p> 
B	Converts food into energy.	<p>Eggs, Meat, Nuts, Fish, Dairy.</p> 
C	Heals wounds, fights the flu, cold and bugs.	<p>Citrus fruits like Oranges, Grapefruits and Lemons.</p> 
D	For strong bones and teeth.	<p>Milk, Dairy and The SUN!</p> 





<p>E</p>	<p>Keeps heart healthy and arteries clean.</p>	<p>Nuts, Avocados, Pumpkin.</p>   
<p>K</p>	<p>Keeps blood healthy and helps heal cuts and wounds.</p>	<p>Broccoli, Brussels sprouts, cabbage, eggs.</p>  

✓ Antioxidants

Antioxidants are vitamin "superheroes" who fight the chemical "bad guys" that try to make you sick. Think of Antioxidants as: Against (Anti), Bad guys (Oxidant). Dark green leafy vegetables and various colors of fruits and vegetables are full of these superhero vitamins.

✓ Water

About 70% of our body is made up of water. Being mildly dehydrated can have a steep impact on our mental clarity and physical wellbeing.

How to check if you are hydrated? Easy way to check if you are well hydrated is to take a look at your urine which should be mild colored or nearly colorless. If your urine is dark colored you are dehydrated (Unless you are on medications of taking B-Vitamins that can impart a bright yellow tinge to urine).





Small rule of thumb: If you are feeling thirsty you are already mildly dehydrated. Drink water before you reach feeling thirsty.

✓ **Fiber**

Fiber is the rough part of vegetables, fruits and grains that we chew, hence the term roughage. Fiber acts like a broom inside that sweeps away the bad stuff like toxins. It also helps us to go to the bathroom regularly which is important to flush out toxins and keep our body clean. Plus no one wants to be bunged up on the start line, that's stressful enough.

✓ **Probiotics**

We don't necessarily need probiotics which are good "bacteria" however, these microorganisms' help with digestion and greatly supercharge our immune system.®

What has probiotics?

Dairy or non-dairy cultured yogurt, sauerkraut, unpasteurized pickles etc.

Good nutrition through a balanced meal plan with filled with real minimally processed foods gives us enough micronutrients to have a healthy body, strong bones, muscle growth, muscle repair and a sharp mind.

Week 4 Goals – Food Goal

Try to fit in a food from each of the major vitamin groups into your daily meals/snacks.





Vitamin

Which Foods have it?

- A** Red, Yellow and Orange foods like Tomatoes and Carrots.
- B** Eggs, Meat, Nuts, Fish, Dairy.
- C** Citrus fruits like Oranges, Grapefruits and Lemons.
- D** Fortified Milk and Non-dairy Milk and from the sun.
- E** Nuts, Avocados, Pumpkin.
- K** Broccoli, Brussels sprouts, cabbage, eggs.





Week 5: Go Pro -tein



This week let's talk about protein and its role in your training diet and program. Protein is a heavily misunderstood topic. The protein industry has falsely led people to believe that ingesting processed protein supplements such as protein powders and/or shakes will result in instant fat loss and muscle building. Most people, even professional athletes get more than adequate protein in their diet through real foods without needing the extra processed protein and calories. Protein should come from real foods rather than something your body identifies as threatening chemicals.

What's the problem with overdoing on protein?

It places a tremendous tax on our liver (our main fat burning organ) and kidneys. Your goal is to have your body running at its peak performance. Reduced digestion, skin problems and even lethargy can result from overdosing on processed protein.

You need a balance. This balance is what we have been trying to help you master in ways that works for you. Maintain a well-rounded nutrition plan, which would provide more than adequate protein for your needs.

Are you getting enough protein?

Do not worry too much about getting enough protein in your diet. Eating a well-balanced diet of real foods will ensure you ARE getting enough protein.





What are the best sources of protein?

To get the best array of amino acids which make up protein, it is important to choose from BOTH plant and animal based protein.

Plant based protein

Best examples of plant based protein include:

- ✓ Legumes
Such as green peas, lentils, beans and peanuts.
- ✓ Seeds
Such as quinoa, chia seeds, hemp seeds and buckwheat.
- ✓ Some fruits and vegetables
These fruits and vegetables contain a good spectrum of amino acids that help your body to build protein such as green peas, avocados, asparagus, cauliflower, tofu, broccoli, spinach etc.

Animal based protein

Best examples of animal based protein are lean meat and poultry proteins which include:

- ✓ LEAN MEAT
Most of the leaner cuts come from the animal's hip or hindquarter region. "Round" or "loin" or "Rump Steak" are keywords to look for when you want the leanest cut of meat





(think top round, sirloin, top loin, tenderloin, eye round, etc.).

✓ **POULTRY**

Generally, white meat, such as boneless, skinless chicken or turkey breast are the leanest cuts of poultry. However, dark meat contains more B vitamins (such as thiamine) and iron, although it's higher in saturated fat. Choose leg or thigh pieces once in a while.

✓ **OTHER sources of good protein**

These include eggs, fortified dairy milk and cheese and fortified non-dairy milk.

In a nutshell to get proper and adequate protein (amino acids) in your diet, eat real foods that are plant based proteins and lean animal based choices that are as close to their original form as possible.

Week 5 Fitness Goals - Vary your form of cardio

Run, Swim, Cycle - This week aim to mix it up, running, swimming and/or cycling. Be sure to vary up your cardio especially taking breaks from high joint impact exercises such as running and substituting that with swimming or cycling.





Week 6: Perfect Meal Planning

Professional athletes will let you know that there is no outsmarting bad nutrition. Since nutrition is fuel, without good fuel our bodies shut down. Do you want to put bad gasoline in your tank or race fuel?

In terms of health and energy, nutrition is 80% of the battle. Good nutrition helps with cellular detoxification, nourishment, rehabilitation and rejuvenation for optimal health and energy. It is also important to get a wide array of colors of fruits and vegetables as each color denotes a vitamin and/or antioxidant content.

A daily ideal meal should have a healthy balance of:

- Complex carbohydrates from
 - 100 % Whole Grain choices
 - Vegetable choices

- Healthy fats from
 - Plant based fats (avocado, extra virgin olive oil, nuts, flaxseed, hempseed)
 - Seafood (Low contaminant seafood choices such as wild salmon, shrimp, trout, oysters, scallops, tilapia, whitefish etc.)

- Lean protein from
 - Lean cuts of poultry and beef
 - Plant based proteins





- Dairy / Non-Dairy alternatives

- Fiber from
 - Whole grains
 - Vegetables and salad greens

- Vitamins & Minerals
 - Various colors of vegetables and salad greens
 - Whole grains
 - Whole Fruits (not juice)





Here are two examples of perfectly balanced Breakfast, Lunch and Dinner choices for regular weeks of training.

The week of the race and the day of the race are discussed later in the guide. These examples will provide you with the proper nutrition to ensure your body is able to perform at its peak.

Breakfast-

Poached Eggs, Rustic Potatoes with Toast and Side Salad with Avocado

3 soft poached Eggs. (*Quality vegetarian lean protein*)

1 cup roasted purple/red small potatoes (*Complex vegetable carbohydrate*)

[You may bake this the night before to save time and make sure you leave the skin ON and eat it too, this provides essential dietary fiber and helps to make the potatoes not spike your insulin levels]

½ medium Avocado (*Plant based healthy fat*)

A big handful of raw Arugula salad with a squeeze of Lemon and 1 Tbsp. extra virgin olive oil. (*Raw greens -Vitamins and minerals, plant based healthy fats from extra virgin olive oil*)





1 slice of whole grain toast with 1 tablespoon of Extra Virgin Olive oil.

(Complex carbohydrate and plant based healthy fats from extra virgin olive oil)

Lunch-

Grilled Turkey Avocado Salad and Coconut Brown Rice

1 large bowl of mixed green salad + ½ medium Avocado + 1 tbsp. extra virgin Olive oil dressing. *(Raw greens -Vitamins and minerals, plant based healthy fats from olive oil and avocado)*

1 medium Turkey breast (~7oz), grilled and cut into strips *(Quality lean poultry protein)*

½ cup cooked Brown Rice with 1 tbsp. coconut oil. *(Complex whole grain carbohydrate and plant based healthy fats)*

Dinner-

Chicken and quinoa with broccoli, sweet potato fries and side salad

10 oz. Skinless Chicken Breast Grilled *(Quality lean poultry protein)*

¼ cup of Quinoa *(Plant based protein, carbohydrates and fiber)*

2 Cups Steamed Broccoli (with 1 tbsp. of dip) *(Veggies – Vitamin, Minerals, Fiber)*

1 cup of sweet potato fries *(Complex whole food carbohydrate, fiber)*





Small side salad dressed with 1 tbsp. of dressing and served with $\frac{1}{4}$ avocado.

(Raw greens – Vitamin and minerals and Avocado- Plant based healthy fats)

Breakfast –

100% Whole Grain sandwich with Natural Peanut Butter/Almond Butter, sliced Banana and 1 cup of milk and $\frac{3}{4}$ cup flaxseed cereal.

2 slices of 100% Whole Grain bread (Whole grain complex carbohydrate, fiber)

2 Tbsp. Natural Peanut Butter or Almond Butter (Plant based protein)

1 medium banana sliced and half sandwiched with above ingredients, add rest to cereal. (Natural sugars, vitamins, minerals, fiber)

1 cup of whole milk (full-fat) or unsweetened almond milk (or any no sugar added dairy alternative) (Calcium, Vitamin D)

$\frac{3}{4}$ cup of low sugar cereal (8g or less per serving) add 1 tbsp. flaxseeds on top plus remaining banana slices. (Vitamins, minerals, fiber)

Lunch –

Grilled Chicken Wrap with Hummus, Avocado -Cucumber Salad and small side of Sweet Potato Fries





**1 whole grain tortilla (if large use $\frac{3}{4}$ of tortilla and discard excess)
(whole grain complex carbohydrate)**

**Add in mixed green salad + $\frac{1}{2}$ medium Avocado + sliced cucumbers
(Raw greens -Vitamins and minerals, plant based healthy fats from avocado)**

1 medium Chicken breast (~7oz), grilled (Quality lean poultry protein)

2 tbsp. hummus (plant based protein and complex carbohydrate)

1 cup cooked sweet potato fries (complex carbohydrates, fiber, vitamins)

Dinner –



Grilled Salmon with sautéed Spinach, grilled Corn and an Avocado Caesar Salad.

6oz Skinless Salmon Grilled (Quality lean poultry protein)

1 cup of sautéed spinach (Vitamins, minerals and fiber)

1 cup grilled corn – about 1 ear (Vitamins, minerals, fiber and carbohydrates)

**Medium Caesar salad (no croutons) and served with $\frac{1}{4}$ avocado.
(Raw greens – Vitamins and minerals and Avocado- Plant based healthy fats)**





Be sure to vary up your choices of carbohydrates, meats, fruits, vegetables and salad greens. Here is another cheat sheet on what the various colors of vegetables and their corresponding benefits. Makes sure you are eating a vegetable and/or fruit from each color group every week.

Color	Food	Benefits
RED	Tomatoes, Watermelon	Vitamin A for Healthy Skin
YELLOW/ ORANGE	Carrots, Pumpkin	Vitamin C to fight cold and flu
DARK GREEN	Spinach, Kale	Iron, Folate for healthy blood
LIGHT GREEN	Broccoli, Cabbage	Vitamin K to build healthy cells
WHITE	Cauliflower, Garlic	Antioxidant to kill germs
BLUE / PURPLE	Blueberries, Grapes	Antioxidants to keep diseases away
BROWN/ MAROON	Beans	Fiber to keep your body clean





Week 6 Fitness Goals - Two 5- Lappers

At this stage you should definitely have a good stop-watch. Make a plan to get on the track and aim to do 5 smooth laps, take a break and do another 5-lapper. Bring a notepad and a pen make a note on what you found challenging and what strength and conditioning aspects you want to improve on. Compare these results from prior times and note how you should improve and have a plan to do just that.

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Week 7: Seven Daily Essentials

At this time you have slowly incorporation some positive changes in your diet to better suit your energy and nutrient needs for training like a champ. Let's now take this a step further and recap on what has been covered so far by breaking it down into seven daily essentials you need to consume every day and what foods give you the best nutrition bang in that category.

7 DAILY ESSENTIALS TO INCLUDE EVERYDAY

FRUITS

Top choices - Berries, Bananas, Kiwi, Organic Papaya, Apples, Citrus, Watermelon, Melos, Peach, Nectarines, Pineapple, Pears

SALAD GREENS (Raw)

Top choices – Arugula, Romaine, Sprouts, Spinach, Red Leaf Lettuce, Mixed Greens

VEGETABLES & DARK LEAFY GREENS

Top choices – Mustard / Turnip/Collard greens, Kale, Watercress, Bok Choy,

Spinach, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Artichoke, Asparagus, Sweet Potato





WHOLE GRAINS

Top choices – 100% Whole Grain Wheat, Whole Grain Rye, Brown Rice, Wild Rice, Buckwheat, Steel Cut Oat, Quinoa, Bulgur

PLANT BASED HEALTHY FATS

Top choices – Avocado, Col
Pressed Flaxseed Oil, Extra

Virgin Olive Oil, Coconut meat/oil/butter, Walnuts, Sunflower Seeds, Sesame Seeds, Pistachios, Almonds, Pumpkin Seeds, Chia Seeds, Hemp Seeds

LEAN PROTEIN

Top choices – Wild Fish (watch mercury levels), Whole Eggs (not egg whites in a box), Free Range Chicken, Turkey |

Plant based- Tempeh, Lean Beef, Chia Seeds, Hemp Seeds, Quinoa, Buckwheat

PROBIOTICS

Top choices – Certified Living Yogurt, Dairy-Free Cultured Yogurt, Sauerkraut, Kimchi,

Kombucha, Kefir, Miso





Week 7 Goals - Vary your food choices

Make a solid attempt to vary what you eat daily but stay within your caloric needs. As they say variety is the spice of life and being able to vary what you eat will help keep you on track so you can stay ahead of your competition.

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Week 8: Training & Race Day Calorie Needs

Daily Calorie Requirements

Let's take a look at the energy (calorie) consumption needed for the MX and off-road rider in various stages of their lives and career, according to the American Sports Medicine Institute's (ASMI) dietary reference intakes. The calorie range is set to allow height variances in athletes.

If in your division you are:

Short - You should consider the lower number.

Average - Opt for the median number.

Tall - Your calorie requirements will be on the high end of the range.

Youth Competitive or average Weekend Warriors

Ages 9 through 14

Male	Age	Active Training Calorie (kCal) Requirements	Race Day Calorie (kCal) Requirements
	9-14	2000 – 2600 kCal 125-147 grams of Protein 250-325 grams of Carbs 50-65 grams of Fats	2300 – 2800 144-175 grams of Protein 316-385 grams of Carbs 58-70 grams of Fats



Aspiring Professionals or hard working Weekend Warriors

Ages 15 through 18

Male	Age	Active Training Calorie (kCal) Requirements	Race Day Calorie (kCal) Requirements
	15-18	2800 -3200 kCal 175-200 grams of Protein 316-440 grams of Carbs 70-80 grams of Fats	3200 -3500 kCal 220- 280 grams of Protein 440-480 grams of Carbs 80-85 grams of Fats

Elite Professionals

Ages 18 through 30

Male	Age	Active Training Calorie (kCal) Requirements	Race Day Calorie (kCal) Requirements
	18-30	3500 -4200 kCal 220-260 grams of Protein 480-570 grams of Carbs 85-98 grams of Fats	4200-4600 kCal 220-255 grams of Protein 570-620 grams of Carbs 98-110 grams of Fats





Week 8 Fitness Goals - Interval Training

Interval training with varying movements of maximum exertion is key to building strength, endurance, conditioning and agility. Aim to increase your interval times to push your lactate threshold points and allow for harder riding.

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Week 9: Before Your Race

Let's now take a look at how to use these great nutrition practices to attain peak performance for your race or practice day.

BEFORE YOUR RACE

CUT OUT (or significantly reduce):

- Alcohol
- Refined sugar
Including fruit juice and sugary sports drinks.
- Processed foods
Such as chips, french fries, crackers, cookies etc.

The important aspect is to be mindful of what you are putting in your body. If you find it too difficult to cut out, try significantly reducing –gradually, until you are able to stop these bad nutrition habits. Remember to prepare the mind before the body.

INCREASE WATER INTAKE

At the aspiring professional and professional level, riders should aim to consume 108 to 118 oz. of water daily. This can be adjusted for youth competitive (ages 9 -14) accordingly to their height. Remember climate plays a part in hydration as well, if you live in a





warmer climate you may very well need more water to counteract the consecutive sweating.

- 13 -20 oz. of fluid approximately 3 hours before activity (if the intensity is known to be high then adjust intake accordingly).
- 5 – 9 oz. of water should be gradually sipped approximately 15 minutes before commencing practice/ride.
- For every 1 lb. of body weight lost through sweating one should consume approximately 22 oz. of water.

Have a camel pack with you while you train before your race.

EAT

- Aim for a daily macronutrients ratio a week before your practice/ride as such:

Carbohydrates: 55% | Fats: 20% | Protein: 25%

- Don't just load up on pasta on its own. Choose a whole grain carbohydrate, a lean protein, salad and vegetables as we have covered so far. Here is a sample perfect meal plan that covers all your bases.





WEEK OF RACE	Day Before	Day Of
On rising	1 Liter or 33 oz. of Water Within 1 hour of waking up is to be sipped	1 Liter or 33 oz. of Water Within 1 hour of waking up is to be sipped
Pre-Breakfast 8am	Power Smoothie 2 Cups no sugar Almond Milk /Milk + 1 Raw Beet Shredded + 1 Apple + 1 Cup Chopped Kale + 1 Cup Raspberries + 1 large Banana + pinch of Stevia + Water + Ice	Carrot Cake Smoothie Blend 2 raw Carrots + 1 Pear + 1 large Banana + 1 Cup Spinach + 2 Cups milk + pinch of Stevia + Water + Ice
Breakfast 9am	Poached Eggs, Potatoes and Toast 3 soft poached Eggs. 1 cup roasted purple/red small potatoes (baked night before). ½ Avocado and handful of raw arugula salad with a squeeze of Lemon. 1 slices of whole grain toast	Oats + Quinoa Porridge 1 Cup Oats + 1 Cup Quinoa Flakes, cooked in 2-3 cups Almond milk, vanilla, cinnamon, nutmeg, sea salt, stevia. +Water if needed. Top with 2 Tbsp. flaxseeds freshly ground & 1 sliced Kiwifruit
12 pm	Turkey, Salad and Brown Rice 1 large bowl of mixed green salad + ½ Avocado + 1 tbsp.	<i>Lunch should be 2 hours before RACE</i> Chicken Sandwich + Sweet





<p>Lunch</p>	<p>Olive oil dressing. 1 medium Turkey breast (~7oz), grilled and cut into strips. ½ cup cooked Brown Rice with 1 tbsp. coconut oil.</p>	<p>Potato 1 small Baked Sweet Potato with Chives, Nutritional Yeast and cheese. 8oz Grilled Chicken breast sandwiched in 2 slices of whole grain toast with ½ Avocado, olive oil and some green leaf lettuce and condiments of choice. Small Coffee or caffeine choice.</p>
<p>4 pm Snack</p>	<p>23 whole almonds and 1 cup yogurt</p>	<p>Immediately after race 1 large fresh fruit bowl + large coconut water</p>
<p>7pm Dinner</p>	<p>Pasta Chicken, broccoli, sweet potato fries + salad 10 oz. Skinless Chicken Breast Grilled + 2 Cups Steamed Broccoli (with 1 tbsp. of dip) + 1 cup of sweet potato fries + Small side salad dressed and served with ¼ avocado. 1 cup of cooked whole grain pasta.</p>	<p>Grilled Salmon, veggies, fried rice + salad 8-10 oz. Grilled Salmon with seasoned with tamari and thyme. 1 Cup cooked vegetables of choice. Small Side Salad with ¼ Avocado. ½ Cup brown rice scrambled with 1 egg.</p>
<p>9pm Late night</p>	<p>Chamomile tea</p>	<p>Nettle Tea</p>





Daily Meal plan for the week of the race

You can follow the plan in the previous pages every day for the week, or a variation of it but contains roughly the same amount of macronutrients or calories.

Week 9 Fitness Goals – Mental Imagery

Mentally prep when not riding – Do your best to visualize a perfect start. When the gate drops you shoot off like a rocket aboard your bike and set sail. Picture winning with a huge lead and not being exhausted at the finish line. The night before the race, in the morning when you are waiting to begin preparing for the race, visual putting in perfect lap after perfect lap. Scrubbing that jump just right, finding that perfect line up the hill climb through the tree line. Make it very clear and practice perfect riding.

Mental imagery is a very powerful tactic for racers to improve their results without having to throw a leg over the bike.

According to leading experts, there are 4 keys to mental imagery:

Imagery perspective – Just like being in your own body, and watching yourself perform the laps smoothly, consistently, and just riling the corners and scrubbing jumps for the big win.

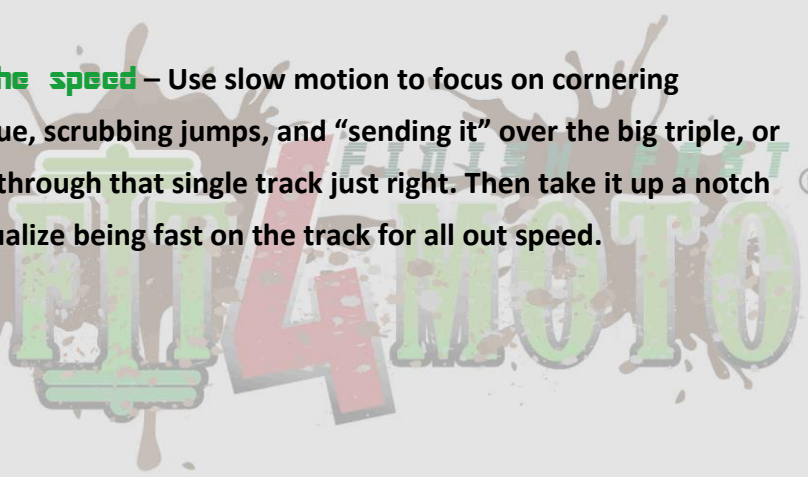




Practice control – Practice performing the movements on the bike exactly as you should be doing them. No mistakes, no corrections. At first it might be difficult, but it will get easier.

Use multiple senses – Feel the anxiety, smell the race fuel and feel the bike between your legs. Feel all of the senses to make the sensation very real.

Vary the speed – Use slow motion to focus on cornering technique, scrubbing jumps, and “sending it” over the big triple, or getting through that single track just right. Then take it up a notch[®] and visualize being fast on the track for all out speed.





Week 16: Race Day



Day of and during your race

Hydration

- 5 – 9 oz. of water typically should be consumed every 15 minutes during activity (depending on environmental and intensity factors). However due to the nature of MX and off-road racing your water intake should be as such-
- **Start Hydrating Early**
Drink 30 to 33 oz. of water when you first get up in the morning (you should have been doing this already for the past few weeks).
- **Keep a bottle of water with you all day long.**
Drink before you get thirsty. Thirst is a sign that your body is already dehydrated. Besides weighing yourself, the next time you take a pee, look and note the color of you urine, it should be nice and clear. If it's deep yellow – you are **DEHYDRATED** (Unless you are taking B vitamins and certain medications that change the color or your urine).





- 1-2 hours before your race
Drink 16-20 oz. of water (8oz. = 1 Cup)
- After your race
According to the American College of Sports Medicine (ACSM), for every 1 lb. of body weight lost through sweating one should consume approximately 16 oz. (2 Cups) of water. At the Track Tips

Pro tips:

- Remove your race clothes and boots between motos to minimize unnecessary heating and sweating.
- Find a good sports drink with less than 12g per serving and dilute it with cold quality electrolyte enhanced water and keep sipping it. (Coconut water is a GREAT choice here)

Energy

The phenomenon known as “hitting the wall” describes the process at which your body’s glycogen stores are depleted. Glycogen is what carbohydrates store to allow you to access that energy source when needed. Some conditions and circumstances may deplete your glycogen stores earlier than expected. In such a case if you have time fruits, diluted sports drinks (or coconut water) and a low sugar (8g of





sugar or less) whole grain energy bars will provide the most natural and quick dose of energy to fuel you through.

Moderate caffeine

Science also backs the notion that moderate amount of caffeine co-ingested with carbohydrates around 2-3 hours prior to your ride provides most effective energy.

Week 10 Goals - Advanced Learning Understand metabolic adaptations

An important factor in your weight loss or weight gain is whether or not your metabolism has undergone any adaptations to fit the lifestyle you currently lead.

Why isn't my diet working? A common question from a lot of people who have undergone these adaptations without even knowing it. Anyone who has ever undergone an intensive diet or even just a rapid weight loss diet knows the meaning of hunger. But why is it that when we diet, do we not only get hungrier, but even if we stop dieting and we eat more food, the hunger seems to get worse and we end up over shooting our pre-diet weight? Then we feel like the whole diet and experience was a failure. And I can guarantee that almost all of us have undergone this to some extent.

When we undergo severe calorie restrictions, our bodies with respond with a symphony of metabolic changes to stop the weight loss. If you consider our ancestry, the earlier humans would often





have to go long periods without food. During that time, the human body had to learn how to stay alive with minimal or no calories coming in.

Our bodies see this assault as an attempt at starvation. So when we limit our calories in an effort to lose weight, we immediately begin to undergo changes chemically and hormonally to fight our efforts. The lower you go with the calories, the harder your body will fight you to sustain your body fat levels and maintain a certain amount of weight for survival. Makes sense right? Sure it does! Its survival!

How much weight? Everyone has what is called a body state of energy homeostasis. This state is simply a point in which our body will regulate things to not go above or below that point. So for example, if a 30 year old male has a set point of 200 pounds for example, if he eats less he will lose weight but his body will also begin to undergo the adaptations to stop that weight loss. Hence why many people can't seem to lose weight anymore even when they eat next to nothing, but in the beginning they just cut out a few snacks or a few meals and BOOM! Off it came. However, if he eats more food his body will gradually elevate his metabolism in an effort to burn more calories and maintain that set point. Everyone has their own individual set point, which explains why some people are skinny and some are overweight.

As soon as you drop calories to a state of calorie deficit for that energy set point, your body will respond by sending out signals to not only stop weight loss, but also increase the chemicals and hormones responsible for weight gain. This is because it senses what is called an "Energy Gap" in your system. Your body will try to





regain that homeostasis and close that energy gap. You see, when we lose weight the common myth is that we just lose fat. But in reality we are simply decreasing the size of our fat cells. Each person generally has a predetermined number of fat cells genetically and when we lose weight we are change the size of the cell not the total amount of them. As your body fat cells decrease in size your body will lower the hormone leptin in your system which will in turn tell you that you are hungry. Leptin is the “I’m full now” hormone is essence. The smaller the fat cell size, the lower the leptin, and the higher the ghrelin (which does the opposite of leptin). So your body tells you “Feed me! Feed me! Feed me! Even if you eat twice what you did before. It is not until those cells are back to an energy homeostasis and the leptin levels are normal will the signals slow down. If you rebound from the diet to quickly however, you will actually increase the total amount of fat cells you now have! That means that not only can you now store more fat, do to more cells, each cell is smaller and thus continues to send out a hunger signal because the Leptin levels are low.

As this is happening, your body will become much for efficient at energy production. Your normal satiety signals, or your feeling of being full after eating are greatly reduced even though you have eaten enough food to feed Africa. You have a reduction in thyroid hormone response. Your energy expenditure at every level goes down. Your exercise induced level of thermogenesis goes down, as well as your non exercise induced thermogenesis.

In other words, how many calories your body burns at rest and during exercise will go down to conserve energy for survival. For





example, when you eat food, your body will burn way less energy eating and digesting that food than it would if the metabolic adaptations hadn't taken place.



Fat oxidation which is your body's ability to turn stored fat to energy goes down, expression of genes responsible for storing body fat go up. All of these things happen to make you *perfect* at storing fat. Your system will do everything it can to make you regain a massive amount of weight in the shortest time possible. All in the name of making sure you live to see another day. Even your digestive system gets better to the point where your lower intestine bacteria change to absorb more energy from the food you eat.

So as you can see your body does everything it can to set you up for massive fat regain once you resume eating your "normal" calories or now as you know them "macros". So how do we fight this? You need to raise your calories (or macros) in a controlled manner to reverse these adaptations and let your body readjust to the increase in energy intake which it will do very well if done properly! The adaptations will reverse and all of your hormone levels will find the right level again when your body is satisfied that it has reached its homeostasis again. And on that note, your body's set point can and will change as well is the diet is severe enough. We cannot outsmart our own systems!

Look for a mentor like Mitch Robinson and do it properly. Or become fully versed in the area of metabolic adaptation and do it yourself. If you don't, you will end up right where you began, now feeling even hungrier, with lower energy and a lap full of junk food





trying to fill the gap that your body is telling you is there, but isn't anymore.

So be responsible and pay your body back when the time comes.

Week 11: After Your Race

AFTER YOUR RACE

HYDRATE

For every 1 lb. of body weight lost through sweating you should consume approximately 16 to 22 oz. of water which is around 2 to 2 ½ cups of water.

EAT

Foods to hydrate and provide your body with complex sugars, complex carbohydrates, protein, vitamins and minerals. Fruits, low sugar electrolytes and grilled meat sandwiches are great options.

Aim for a meal with the following ratio AFTER your practice/ride as such:

Carbohydrates: 45% | Fats: 20% | Protein: 35%





Before your race your ideal macronutrient ratio was:

Carbohydrates: 55% | Fats: 20% | Protein: 25%

You should now aim to increase your intake of lean protein.

Here is a little cheat sheet on how to choose the healthiest animal protein, with the least saturated (bad) fat, for your fitness.

Week 11 Goal - Choosing the Healthiest cut of Meat

BEEF

Grade: Grade refers to the amount of marbling, or fat, found in the cut of meat. It has nothing to do with the safety of the meat or how it was raised—it's all about the fat content.

1. Prime (the fattiest cut, most often found in restaurants)
2. Choice (moderate in fat)
3. Select (the leanest grade)

Most of the leaner cuts come from the animal's hip or hindquarter region. "Round" or "loin" or "Rump Steak" are keywords to look for when you want the leanest cut of meat (think top round, sirloin, top loin, tenderloin, eye round, etc.).





When selecting ground beef, look at the percentages: 80/20% lean means the meat is 80% lean and 20% fat. Look for ground beef labeled 90/10% (or leaner).

POULTRY

Generally, white meat, such as boneless, skinless chicken or turkey breast are the leanest cuts of poultry.

However, dark meat contains more B vitamins (such as thiamine) and iron, although it's higher in fat and calories. Choose leg or thigh pieces only once in a rare while.

When purchasing ground chicken or turkey, look for ground chicken[®] or turkey breast; it will be lighter in color and lighter on the waistline. Ground chicken and ground turkey can include fat and skin in addition to the meat, thus increasing the fat and calorie content.

Choose skinless, or discard skin always- you will save 50 calories of fat per 3oz of serving.

PORK

While pork can be high in fat, not all pork cuts are. As with beef and chicken, the cut of the pork meat plays an important role in making a healthy selection.

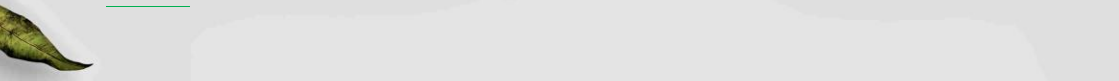
The leanest cut of pork is the pork tenderloin; however, other cuts such as pork chop, roasts, or leg (ham) are also good choices.





Choose center cut or Canadian bacon over regular bacon strips

LAMB




Cuts from the shank half of the leg are the leanest cuts of lamb you'll find. Although lamb is a good source of zinc, iron and B vitamins, it is relatively high in both saturated and unsaturated fats (roughly two to three times that of beef), so indulge in lamb only now and again and choose least marbled lamb cuts.

Preparation Tips for All Cuts of Meat

Once you've selected your meat of choice, how you prepare it ensures you're keeping it lean and healthy.

- ✓ **Trim the Fat:** Trim off any visible fat prior to cooking. If preparing a stew or soup, make it the day ahead and refrigerate it overnight. The fat will rise to the top and harden, making it easy to skim off and discard.
- ✓ **Portion Control:** Aim for 3-4 ounces per serving, or about the size of a deck of cards or your palm.
- ✓ **Cooking methods:** Choosing the appropriate cooking method is important in preventing leaner cuts of meat from becoming dried out and tough. Lean cuts of meat often benefit from a 'moist' cooking method, such as braising. If you prefer to grill or broil your meat, try marinating it first for at least 6 hours. A short marinade (<1 hour) will add





flavor, but longer marinades will add flavor and help tenderize the meat. Be sure to include an acidic component, such as vinegar, wine or citrus juice along with the other ingredients.

- ✓ Other low-fat cooking methods include roasting, sautéing and baking.



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Week 12: Finish Fast

Nutrition attributes 80% or more to our fitness and health. Using the guidelines as suggested in this write up will help you to allow optimal nourishment, support rehabilitation and rejuvenation and promote detoxification, for optimal health and energy.

Let's look at the basic rules that you will now eat, walk and breathe by in your MX lifestyle -

1. Drink a liter (~33 oz.) of water within the first hour that you wake up
2. Only drink coffee after an hour of waking up.
3. Start your day with a big of fruits about ½ an hour to an hour before your breakfast.
4. Eat a well-rounded breakfast that includes mainly carbohydrates, a little bit of protein and vegetables or fruits.
5. At lunch and dinner you must add some raw greens (salad) AND cooked greens to your meals.
6. Try to eat a little healthy something every 2 -3 hours, example fruits, nuts, yogurt, small salad.
7. Keep a large water bottle with you at all times and hydrate throughout the day.
8. Cut out empty calories (fast food, sugary products etc.).



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9. Limit alcohol and learn stress management techniques.
 10. Eat a rainbow of colors of fruits and vegetable.
 11. Eat plant based sources of dietary fats.
 12. Vary up your protein intake with animal as well as plant based proteins. Try to commit to once a week of vegetarian meals. A Meatless Monday perhaps?

Week 12 Fitness Goal – Understanding supplements

The term supplements gets thrown around a lot, and I'm sure you are wondering what in the world it all means.

There are protein shakes, pre-workout energy powders, post workout recovery systems, fat burners, all kinds of vitamins, and not to mention the crazy magic potions that have claims of “steroid like effects” with their flashing labeling, “legit” customer reviews, and fitness celebrity endorsements.

So how do we know which ones are worth our money? How do we know which ones will make our heart palpate and give us the jitters?

This is another topic that there have been entire books written on. We are going to give you an overview of some of the most common and well known types. There is just too much to know about all of





them, and if you do come up with a question that is not covered in this booklet, I encourage you to contact us at www.fit4moto.com for our guidance on the topic.

With that in mind, let's get started!

PROTEIN POWDERS

Protein powders can be divided into two categories for the most part: animal source types and vegetable source types. Animal source proteins include milk protein derivatives like whey and casein, and egg protein. Vegetable source proteins include soy, rice, pea and hemp types of proteins.

Nutritionally and taste-wise, animal proteins are generally better than vegetable proteins and far more popular. Of the animal protein types, the most popular is whey protein. Of the vegetable protein types, soy is the most commonly used. Most people using vegetable protein powders do so as part of a vegetarian or vegan lifestyle, although many people use soy protein primarily for its heart-health and/or hormone-balancing benefits. One thing to note with the Soy, is that studies have shown it to raise estrogen levels in men and women.

Depending on which supplement company you choose, there are various types and styles to meet your needs. For example, a company could have a whey protein which is derived from milk, has great taste, is the most economical type, and has great over all benefits. Or, they can have the Casein type, which is also from milk, but the key difference between whey and casein is that whey is





absorbed in the digestive system quickly, whereas casein is absorbed slowly and steadily. So more suited for a bed time shake. There also isolate types, that are virtually fat and carbohydrate free due to a high level filtering process, and could be used if you needed a protein that digested quickly due to the lower amounts of fats and carbs.

Generally it has been my experience that you get what you pay for. If you are buying 10lbs or protein powder for what seems like a steal at \$79.99, I am willing to bet you will find it to be chalky, clumpy when mixed, taste terrible, and when you look at the ingredients, you notice that it is filled with garbage. But on the flip side, if you buy a 2lb tub that costs you \$69.99, chances are that it will be a high quality, taste great, mix well, and have a solid list of ingredients. I say generally this is the case because I haven't found an exception yet in two decades of experience, although I am sure one exists. Protein powders can be a great way to make sure you get in the calories you need when you can't eat a whole food meal, are busy, or just need to top up. I don't however recommend them taking the place of a real meal. The body knows the difference, and will raise its metabolism when consuming whole food. The liquid forms digest quickly for the most part compared to whole food, and the body doesn't always have time to absorb what it needs.

CREATINE

No other supplement has been tested, and observed more than creatine. So the information on it has a factual basis.





Creatine is a combination of three different amino acids: glycine, arginine, and methionine. Creatine is not a steroid.



How does it work? Creatine is found in red meat and many of the meat products that we eat daily. Creatine's function is to be broken down from the three amino acids, and form ATP (adenosine-tri-phosphate). ATP is used to drive almost every body function there is. It is that important.

Without going in to much detail, the ATP is what the muscles use to contract. So the more ATP that we have stored, the greater the contractions, and the longer we can contract them for before literally running out of energy. So like any supplement we take, whether it be green tea extract, or creatine, with an adequate amount it allows our bodies to perform at a higher level – to a point.

Another benefit of it is that creatine itself is a fuel source. In fact your body's first choice of energy when performing anaerobic activity (such as weightlifting) is your creatine reserves. By supplementing with creatine you will increase these stores. There is another function that creatine looks after, and that is to hydrate the muscle cells. When muscle cells are hydrated a few things will happen. One of them being an increase in protein synthesis. This allows for more cell repair in the muscle, and leads to greater results.

I do not recommend using it unless you do your homework, exercise very intensely, and use it responsibly.





Myths-

- You don't have to "load" creatine.
- It is safe when used properly.
- You do not have to "cycle" it.

When used properly creatine is a great supplement, and can help you achieve your ideal body. It may not be for everybody however. Do some homework on it and make an informed decision and talk to your health care provider about if it is right for you.

PRE/POST WORKOUT DRINKS

Some have creatine, some have glutamine, and some have additives I can't even pronounce. And all for a pretty penny too I might add. Which ones are good, and which ones are bad? Are they worth it?

I will start by saying that just like the protein powder, no one needs a pre/post workout supplement. Make sure that all of your basics are covered first, things like multivitamins. If you are pushing to what you feel are your limits, and you think you have hit a wall, then I would argue that such a supplement can help boost your training. Only when taken as a supplement, and not taking the place of proper rest and nutrition.

What to look for

- Watch out for large amounts of stimulants. Just like having too many shots of espresso, this can cause unwanted effects including de-sensitivity.





- Most contain creatine of some kind which is good, but do not get caught up in the delivery systems of each one. Most have claims that put it over the others, but realistically they are all the same for the most part. Some are stronger, and some are better tasting. A quick Google search will give you an idea on which ones are the most popular.
- Servings per container. Make sure you are not getting hosed by false claims, with an “extra strong formula” in a smaller container. Remember, these companies are all about marketing.
- For the ones that don’t have creatine as the main product, you will find things like beta-alanine which is an amino acid, that has been shown to increase the concentration of carnosine in muscles, decrease fatigue in athletes and increase total muscular work done. There are others as well, just make sure you look at the label and do your homework.


All the flashy labels, bells, whistles, and attractive fitness celebrity endorsements cannot change the fact that no one needs these supplements. Train hard, eat right, and you will be fine. If you are looking to take your training to a higher level, then do some homework and be sure to understand what you are taking.

So all in all supplements can be an effective and worthwhile addition to an already sound fitness/meal plan and help keep you fit as a fiddle.

The key points:

- Ask your health care provider before taking anything.



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- Know what you are taking.
 - Make sure it's used as intended.
 - Do your homework.

Tools to help

Tracking and knowing what you are eating is very important as I have said over and over again.

Below are a few tools to help you keep track of what you are eating. These are some popular apps and tricks to make it that much easier to stay on track with your devices:

- ✓ www.myfitnesspal.com – App and site
- ✓ www.myfooddiary.com – App and site
- ✓ mynetdiary – App
- ✓ www.livestrong.com – App and site
- ✓ Nutritionmenu – App

The great part about these resources is not only does it make it convenient to track what you eat, but it makes eating a variety of foods easy as well.

Simply look up your food in the often 30,000 + food data banks to figure out what it is that you ate, add it to your “plate” or Food log”





in the app itself and make sure you are getting what you need for your program. Simple!

If you have any questions about any food at all a great site is www.caloriecount.com where you can find the nutritional data for a large amount of foods.

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Akanksha Gilbertson is a board certified nutritionist and a published writer. She the founder of Foodtrition® a nutrition consulting business in Los Angeles. Her intercontinental upbringing in South East Asia and India has helped to mold the foundation of her philosophy and approach with integrated nutrition. Her company’s philosophy is “re+charging you” and she believes that nutrition and health is key to self-acceptance and ultimately a fulfilling life. Among the multitude of industries she has contributed to; within the Sports Industry, Akanksha has worked with the USASA Elite Amateur Soccer Leagues, The American Soccer League and her two private clients include a now retired AMA Professional motorcycle racer as well a current NASCAR driver. When she is not working on her private practice, writing on the next Nutraceutical and Epigenetics development or working with International firms, in her spare time she enjoys keeping active with her husband and her rescue dog.





Co Author on the paper. Author, certified trainer, and professional athlete Mitch Robinson is not only regarded as one of the top fitness athletes today, but he is also widely regarded as a representative for the fitness and health industry in Canada, as well as one of the best weight management coaches on the market. Mitch has helped many people sort through the confusion of weight loss and exercise programs through his books, products and programs. Mitch is an expert in not only weight training, but also in the area of weight loss and nutrition. In his two decades of experience in the industry, Mitch has fought his way to the elite levels in the industry where he is placed as one of the top five in the world while competing for Canada.

He is the author of two books including the wildly popular Learning to Fail Forward, and 3 easy steps to a healthier you. With a third forthcoming book titled "The Confidence Strategy". Never content to simply follow the masses, Mitch continues in his quest to promote the sharing of the right information in regards a healthy life and inspiring change. When not speaking, coaching, or researching, Mitch enjoys spending time with his wife and their dogs. Mitch loves the ability to travel the world racing his motorcycle, showing others that what he has done in fitness, can be done by anyone





Disclaimer

The information in this program is designed for informational purposes and it is not meant to substitute the advice provided by your own physician or other medical professional. If you have any symptoms of illness, any diagnosed ailment or are taking medication for any existing condition, always consult a medical professional before following any nutritional and/or training advice you have read here. Every individual is different and the information in this program is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your doctor with any questions you may have regarding a medical condition.

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