Input / output, work and calories

You've heard the expression you are what you eat? Its important to understand its not just what you eat its how much you eat. I have included a work sheet to help you understand just how much you need to eat and also provide an idea as to where to get those calories, in terms of carbohydrates, protein and fats.

Before going over the sheet lets take a look at weight, and performance. Some sports require athletes to be bigger and stronger than others, in terms of motocross you need to be powerful but adding a whole bunch of weight is not the best plan. For every 10lbs you add you need 1 extra Horsepower to make up for those additional pounds. Now the season is over and we are looking to get back in the gym and start training for next season. Did you loose weight over the race season?

Maybe because you were on the road and weren't able to workout or eat properly you added some weight? Since the season have you been sitting around, eating chips and added weight?

Maybe since the season you've lost weight from not being able to workout?

Are you happy with your weight, you want to maintain, whatever the case have a plan and set a goal.

Lets take a look at the work sheet now, and go over the steps you need to fill it out and then how to use this information going forward. At the top of the sheet you'll notice a section with goal listed in reference to weight, and on the side how active you are.

Your working out four times a week and you have made it your goal to lose some weight you added since the season ended, therefore your lower activity multiplier would be 12, your upper would be 14. Take these multipliers and using your current weight fill in the calorie range your going to need to stay in. Some of you might think if your trying to lose weight the you want to eat as few calories as you can, this can be counter productive because if you eat to few calories you will lose muscle which can cause your metabolism to slow down.

Now you have your upper and lower calorie range, lets see where your going to be getting the calories from. Look at the picture and determine which body type you are, this will then give you the ratio of macro nutrients you will need. Lets say you determined you were an ectomorph body type, this mean your ratio will be 25% protein, 55% carbohydrates, and 20% fat.

The final step, how many grams of each of the macro nutrients do you need? In the case of Carbohydrates and protein for every 1 gram in weight there are 4 calories, and in the case of fats, every 1 gram contains 9 calories. When you are completed this work sheet you will have a guide as to where you need to be each day based on your current activity level and a goal in terms of weight. Make sure that you come back and use this work sheet again when your activity level changes or you reached your goal, i.e. your goal was to lose 10lbs and you've done that, you will then need to adjust your calorie intake then to maintain that weight. The biggest change for most motocross athletes is when they start riding as this dramatically changes they amount of energy they use on a daily basis.

Print this sheet and use it as often as you want if you have any questions make sure to send me an email; drew@evolvednutrition.com

Work smart, train hard !!!!