

# **POWER STRENGTH**

## **TRAINING SYSTEMS**

### Introduction

#### **Disclaimer:**

These nutrition recommendations are not meant to diagnose or treat any disease or condition, they are only intended to increase your performance. The following consists of recovery habits that are common among today's serious athletes, and if you feel your situation requires special means please let us know so we can refer you to the correct nutrition professionals – we are not doctors or registered dietitians.

#### **Expectations:**

Nutrition and recovery is a vital part of your training and development program. Eating well, staying hydrated, and quality sleep are the most powerful tools available to you as an athlete. Regardless of how great your strength training, conditioning, and/or skill work is you will not see maximum benefit until you learn to optimize your recovery between training. There are 168 hours in a week, and you probably practice/train for around 10-15 total hours each week. If you think what you do in those 10-15 hours of work outweighs what you do in the 145-150 hours of recovery you're not going to be as successful as you could be as an athlete. Attack your nutrition and sleep as hard as you attack your training, and you'll not only be in a great spot to succeed – you'll also be miles ahead of your competition. We expect you work as hard at the breakfast table as you do in the squat rack, and we'll hold you to that high standard each and every time you're in the gym.

#### **Basics:**

1. Eat things that were once alive – if you don't recognize the ingredients it probably wasn't.
2. Eat at least 4 meals every day – a meal is anything three mouthfuls or bigger.
3. Carry water with you all day, and drink it with consistency.
4. Every meal should contain a high quality protein and a high quality vegetable/fruit.
5. Eat a high quality pre-workout and post-workout meal for every training session/practice/game.
6. Sleep at least 7 hours per night, every night.

#### **Muscle gain/Fat loss:**

Gaining weight and losing fat require similar nutrition and recovery strategies, you only need to adjust the total amount of food you eat. If your goal is to gain weight, you must take in more calories than you burn. If your goal is to lose weight, you must take in less calories than you burn. Keeping your food quality high, your water intake high, and your protein intake high will allow you to gain weight/lose weight more efficiently and effectively. Maintaining great nutrition habits while eating a calorie surplus and gaining weight will allow you to gain the majority of that weight as good, usable muscle. Maintaining great nutrition habits while eating a calorie deficit and losing weight will allow you to lose the majority of that weight as fat, saving your muscle. Early in your training and eating properly career it is entirely possible to do both of these things – simultaneously gain muscle and lose body fat. You'll have to be extremely dialed in on preparation, training, and recovery to make it happen for any extended period of time.

## Nutrients

### **Protein:**

Protein's primary role is tissue growth and repair – and it's the most powerful nutrient for both gaining muscle and losing fat. It takes a while to break down, and your body is basically always repairing and growing, so you should look to spread your protein intake out over the day. Absolutely every meal you eat should include a high quality protein source. Adding more protein around your workout (your pre-workout and/or post-workout meal) is helpful, but mostly we want to raise the total amount of protein you get in a day.

### **Carbohydrates:**

Carbs are the primary fuel for most of your body's processes, and they're what keeps you going in training, practice, and games. Carbs come in a bunch of varieties, but for our purposes we tend to split them into two groups: slow and fast. Slow carbs are more complex and starchy (potatoes, rice, oats, vegetables, etc.) and they'll give you energy for longer – these are the carbs you want to focus on throughout your day. Fast carbs are more simple and sweet (fruit, juice, etc.) and they're good for quick bursts of energy – these are the carbs you want to consume closer to your training, practice, and games.

### **Fats:**

Fats, and especially good fats, are the glue that holds everything together. All of the cells in your body are made of fats, your hormones are mostly made from fats, and fats are a great long term energy source. To be clear: the fat you eat in food isn't automatically made into body fat – they're not the same thing. Good fats from fish, nuts, eggs, etc. are absolutely necessary, and they should be spread throughout your day like protein.

### **Micronutrients:**

This is a blanket term for all the smaller (but still crucially important) nutrients that fall outside the labels of protein, carbohydrate, and fat. This includes things like minerals and vitamins, and it's important that you cover your bases here daily. Low amounts of micronutrients can lead to deficiencies over time, and those deficiencies can affect your performance and health in a bunch of ways. Eating high quality foods, lots of vegetables and fruits, and adding a bit of variety week to week are all great, simple ways to make sure you're getting enough of these many micronutrients.

### **Water:**

Most of your body is water, and an even higher proportion of your muscles (about 75%) is water. Dehydrated athletes get hurt more, sleep worse, digest and use nutrients less efficiently, and ultimately perform worse than hydrated athletes. Even a little dehydration has massive impact – you don't want to wait until your mouth is dry and you've got a headache to drink water. You don't need to force-feed yourself water and hit the bathroom every 15 minutes, but you do need to drink a decent amount and drink with consistency. A good ballpark number is half your bodyweight in ounces of water each day.

## **Sleep:**

The impact of sleep can't be overstated – if you want to multiply your efforts in everything we've gone over thus far, attack your sleep practice as hard as you attack your training. If you want to pretty much erase all the effort you've put in to eating and training right, go ahead and ignore your sleep. The research is clear as can be: put your phone down across the room, set a consistent bedtime and wake time, and sleep at least 7 hours every night. If you can make those happen with consistency you'll get better grades, train harder, get more out of training, compete better in practice and games, enjoy better mental health, and reap the benefits of better physical health. There is absolutely nothing in your life that isn't enhanced by sleeping better. Sleep is an essential nutrient, and like the other nutrients discussed above you must get a high amount of high quality sleep if you want to be successful.

## **Suggested Daily Template**

### **Breakfast (Meal 1):**

- Slow carbohydrates
- Protein
- Vegetables and Fruit
- Good fats

### **Lunch (Meal 2):**

- Slow carbohydrates
- Protein
- Vegetables and Fruit
- Good fats

### **Pre-workout (Meal 3):**

- Slow carbohydrates
- Fast carbohydrates
- Protein

### **Post-workout (Meal 4):**

- Fast carbohydrates
- Slow carbohydrates
- Protein

### **Dinner (Meal 5):**

- Slow carbohydrates
- Protein
- Vegetables
- Good fats

Your pre-workout/post-workout meals apply to training, practice, and games. On a day in which you don't have any of those activities, you may choose to skip the post-workout meal.

You may want to include snacks between any of the listed meals. These should consist of slow carbs, protein, vegetables/fruit, and good fats.

## Food Sources List:

### **Protein Sources** – *From grass-fed, organic, natural, pasture-raised sources where possible*

Whole Eggs  
Lean Meats - beef, chicken, turkey, pork, etc.  
Seafood – fish, shrimp, shellfish, etc.  
Nuts and Nut Butters – almonds, cashews, walnuts, peanuts, etc.  
Dairy – greek yogurt, cottage cheese, cheese, milk  
Beef Jerky/High Quality Deli Meats  
Whey Protein Powder

### **Slow Carbohydrate Sources** – *For non-workout meals*

Oats/Oatmeal – rolled/steel cut, not the sugary instant packets  
Potatoes – sweet, red, white, etc.  
Rice – brown, wild, white, etc.  
Whole Wheat – bread, pasta, wraps, etc.  
Beans  
Vegetables

### **Fast Carbohydrate Sources** – *For pre-workout/post-workout meals*

Fruits – preferably fresh, whole fruit  
Fruit products – juice, jelly/jam, dried/frozen fruit, etc.  
Gatorade/Sports Drinks

### **Good Fat Sources** – *Little to no hydrogenated and/or trans fats*

Cooking Oils – olive oil, coconut oil, avocado oil  
Nuts – almonds, cashews, walnuts, pecans, nut butters, etc.  
Seafood – fish, shrimp, shellfish, etc.  
Whole Eggs  
Avocado  
Seeds – flax, hemp, sunflower, etc.

### **Great Vegetables** – *Organic and raw/lightly cooked where possible*

Cruciferous vegetables – broccoli, kale, Brussels sprouts, cauliflower, etc.  
Leafy greens – spinach, romaine, cabbage, etc.  
Nightshades – tomatoes, peppers, eggplant, etc.  
Others – carrots, onion, garlic, mushrooms, beets, peas, green beans, etc.