

## DPXC 2023 – Getting the Most out Of Workouts

The body gets faster when we're not running. The running and workouts are ingredients that combined with other ingredients (food, sleep) during the rest of the day help the body make changes that make us faster. If the workout takes 2 hours, the body is building to get faster in the other 22 hours of the day. And also building on the easy run recovery days between workouts. What you do in those 22 hours and on the easy recovery days is important for increasing your potential.

Also, you will be able to do workouts as designed and get the most out of them if you're properly prepared.

This is a short guide for what to do before and after workouts in order to get the most out of them.

### **Before Workouts**

#### **Before Morning workouts**

Good night's sleep.

Drink water when you get up. Preferably with some electrolytes (Nuun, Liquid IV, LMNT to name a few brands)

Eat something light a couple hours before the workout: cereal (with some type of milk product), toast (with some nut spread) fruit (banana).

**DO NOT** eat a big breakfast, or eat too close to the workout. It will still be sitting in your stomach, will make you feel awful during the workout and you could possibly puke during the workout. Example: If you eat eggs and bacon before a workout you will get sick! Be smart.

Coach Shayne's go to pre-workout morning foods: 1-2 hours before practice slice of toast with nut butter, and a banana. Drink an electrolyte drink 12 to 16 oz **1 hour** prior to practice.

#### **Before Afternoon workouts**

Good night's sleep.

Eat breakfast.

Drink water throughout the day.

Eat something light 1-2 hours before the workout.

Maybe about 200 to 300 calories at most.

Do not eat a big lunch right before the workout.

#### **During workouts**

Bring a water bottle to sip from (or go to drinking fountain) when you get thirsty.

Do not guzzle your water, sips here and there. If you fill up, you will slosh around and then - BARF!

No one wants to see that :)

### **Immediately after workouts (within 30 minutes)**

- Drink water, (or water with electrolytes)
- Eat/drink something with carbohydrates, or carbohydrates & protein: chocolate milk, food bar with both carbohydrates & protein.

### **After the workout**

A good meal a couple hours after.

Good night's sleep.

### **Easy runs on the days following/between workouts**

Run them at an easy pace, defined as able to hold a conversation while running or (if you have a heart rate monitor) at 60-70% of max heart rate.

The OK range for easy pace is wide and so runners of a range of performance levels can do it together. Good for team building.

Running easy on easy days, and on second runs if you run twice on a day is very, very important for getting faster. Running fast/hard on easy days won't make you faster. If you run fast or hard on easy days and second runs, you will be getting in the way of your body's response to the hard workout that was done the day or days just before.

Aqua jogging & elliptical are good alternatives to a 2<sup>nd</sup> run of the day. Will have the desired effect without the pounding on the joints.