



<http://www.theetgtrackclub.com>

TheETG

Nutrients For Cells

TheETG Training Packets

mission:

Pursue optimal human performance in Track & Field distance running. Facilitate and proliferate the use of --the-- best applied sport sciences based training information available anywhere in the world. Running involves the use of human cells. The manner in which those cells function impacts one's running ability. Training in a manner consistent with human cellular function, in an effort to optimize their function, makes improvement more controllable, more stable, and more certain.

"Nature, to be commanded, must be obeyed."

[Francis Bacon]

"I don't know that there is any magic level of interest in science that people ought to have. But the more they understand, the more they will be able to control their destiny and achieve their other aims."

[Stephen Hawking]

TheETG Training Packets.....

ETG Training Packet --- applied sport sciences Background info
ETG Training Packet --- Genetics vs. Training
ETG Training Packet --- Increase Train-ability
ETG Training Packet --- Getting Out Of Physiological Over-training
ETG Training Packet --- Optimal Running Form
ETG Training Packet --- Research Based Running Injury Repair
ETG Training Packet --- The Ultimate Coach
ETG Training Packet --- Drug Use & Drug Testing Are A Sham & A Scam
TheETG Warm-up
TheETG Training Program
TheETG Nutrients For Cells
TheETG "ROM's" [Range Of Motion Exercises]
"This Is Track & Field" ---- document
TheETG Track & Field Promotions Project

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ETG Sport Nutrition

Training Day Protein Intake

Establish a range by;

1.2 – 1.5 grams x goal body weight in kg's (1 kg = 2.2 lbs)

[example.....125 lbs x [56.8kg x 1.2 = 68 grams.....56.8kg x 1.5 = 85 grams]

Protein Intake range ~ 70 – 85 grams

Protein intakes on Rest Days & Break Periods = 20 - 30 grams less than training day

Training Day Carbohydrate Intake

Establish a range by;

approx. grams of carbo need for basal & resting metabolic rate = 2.5g x goal body weight in kg's (1 kg = 2.2 lbs)

+ (Plus) 100 – 150 grams of carbo for repletion from training

Add these numbers of grams together to get total intake for the day = _____ grams

[example..2.5 x [125lbs] 56.8 kg = 150g + 100g repletion = 250 grams.....2.5 x [125lbs] 56.8 kg = 150g + 150g repletion = 300 grams

Carbo Intake range = 250 – 300 grams

Carbohydrate intake on Rest Days & Break Periods = 50 - 75 grams less than training day

Boosting Training Adaptations

On Training Days

--- Autogenics

10 minutes....within 90 minutes post-workout

[see protocols in ETG Training Packet.... "Increasing Train-Ability"]

--- Eyes-Closed Bed Rest Downtime

30 – 60 minutes....within 7 – 9 hours post-awakening

