

“Food in the pocket and hydration in the bottle”

— Stacy Simms, PhD in Exercise Physiology and co-Founder of Osmo Nutrition

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Hydration: The key to your perfect race!

CTS recently partnered with Osmo Nutrition as our main source for hydration products. This was VERY exciting news to me as I was already using Osmo and believe that they have excellent products for endurance athletes! Osmo has been cutting edge in terms of their research and approach to hydration specific to an athlete’s gender. So what’s the scoop on the recent research and why do women need a specific drink mix?

About ten years ago sports nutrition companies thought that they would kill two birds with one stone by supplying carbohydrates within a hydration solution. Most companies went along with the trend and it is now common for athletes to “drink” their nutrition. Recent research has shown that many of the ingredients in these sports drinks actually require water to dilute the drink solution so our body can absorb it. So where does this water come from? If we aren’t drinking water along with the sports drink it comes from within our body (including from our muscles). As you might imagine this can cause dehydration in prolonged activity and thus a decrease in performance as a two percent loss in body weight equals a decrease of about ten percent in power. Here’s where Osmo comes in, they focus on your hydration and leave your nutrition to what’s in your jersey pocket. **KEY POINT:** Food in the pocket and hydration in the bottle. Keep your hydration and food separate and you will perform better!

Now onto the question why do women need a specific drink mix. The physiology and hormone levels greatly differ between men and women, but even within the same woman, hormone levels are constantly fluctuating. During certain hormone phases women tend to have a lower plasma volume, increased core temperature, and a slower recovery window (30 min. for acute recovery and 3 hours to eat a real meal before metabolism returns to normal - whereas men have up to 18 hours before metabolism returns to normal). For more information check out the Osmo website at: www.osmonutrition.com Also, contact athlete services at CTS to receive 30% off of Osmo and 40% off of ProBar products.

Some fun facts you may not know about me...

As my belly (err... baby) continues to grow I am reminded how difficult it is to be active while carrying around extra weight. In order to stay active (and thus sleep better) I’ve continued to ride my bike, on the stationary trainer of course, and started walking the stairs in my neighborhood. In addition, I’m doing some low intensity circuit training with body weight and dumbbells as well as using a TRX suspension trainer. All this to say that something is better than nothing!





Upcoming CTS Events

- ◆ **Apr 7-12: Spring Training Camp** —Brevard, NC
- ◆ **Apr 16-19: Climbing Camp**—Tucson, AZ
- ◆ **May 14-17 Climbing Camp**— Brevard, NC
- ◆ **June 4-7: Climbing Camp** — Colorado Springs
- ◆ **June 11-14: Climbing Camp**— Santa Ynez, CA

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Mental Skills Training...make yourself mentally tough!

People often ask me what does it take to be a great athlete? There are many things that can contribute to a person's athletic abilities: good genes, determination, time, money for coaching and equipment. Beyond all of that and numerous hours of training, I believe that being a great athlete requires one to understand the importance of nutrition and to be mentally tough! A person can put in hours of training and be derailed on race day due to poor nutrition and/or mental weakness. Here are a few tips to keep you going strong mentally:

- **Stay positive:** Why waste energy on being negative or focusing on what is out of your control such as weather or mechanical issues? Focus instead on what is in your control, your attitude. I don't prefer to ride in the wind but I know that it makes me stronger and if I train in the wind I will be ready for anything come race day.
- **Come up with a motivating phrase:** At some point we all hit a wall and our mind tells our body to stop. Be ready for this moment by coming up with a motivating phrase such as "I got this!" or "Keep on keeping on!"
- **Go to the next pole:** When you want to stop, pick a point ahead of you and focus on getting to it. Once there, don't stop, instead pick another point and keep moving forward.

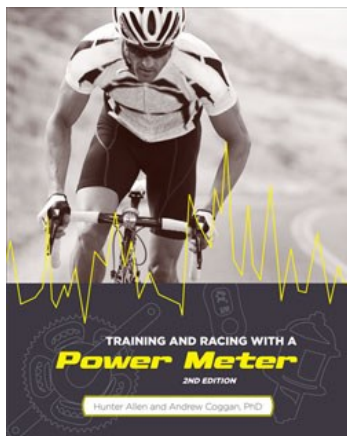
Gear Tips: Power Meters...how can one help you?

Power meters have sure made a buzz in the endurance sports world this past year. There are SO many different options and it may be confusing to know if you should be training with one or not. First off, if you have the money to spend this is likely one of the best investments for your racing and training. Unlike the variability in training with heart rate (due to stress, fatigue, dehydration), power is a direct measure of the effort that you are exerting at that specific moment in time. From a coaching perspective, there are a wide variety of tools that can be used to analyze the data from a power meter. Key take away: It's worth the investment to ensure that you are getting the most out of your training and racing!

If you are already training with a power meter, a few reminders to ensure your data is accurate:

- Calibrate your power meter before every ride (especially when taking the bike from a warm house to a colder outside temperature).
- Set your head unit (bike computer) to one-second recording versus an auto recording setting. This will ensure that your getting the most accurate power reading.
- When possible use the same power meter on all of your bikes (for consistency with your training ranges). If you aren't please inform me so we can do a field test on all bikes.

Check out this review for more info on power meters and keep in mind that CTS sells PowerTap power meters: <http://www.dcrainmaker.com/2013/09/power-buyers-edition.html>





Simulate warm weather training but don't wear sweat kits.



- ◆ **Other Variations for this recipe:**
- ◆ You can roll individual enchiladas if you prefer.
 - ◆ Add bell peppers
 - ◆ Add pinto beans
 - ◆ Add jalapenos
 - ◆ Black olives and green onions for garnish

Warmer weather ahead...Acclimating to the heat

This year has been a crazy year in terms of storms and temperature swings! Nonetheless spring is here and summer is just around the corner. With that comes warmer temperatures than you are currently accustomed to, and without proper preparation you could hinder your race performance. Here are a few things to keep in mind in acclimating to the heat:

1. Remember to focus on hydration 3-5 days before, during, and after your event as well as during training in a warmer environment. Keeping your core temperature as low as possible for as long as possible will increase your performance.
2. Try to simulate race day conditions during training. If you aren't able to train in similar weather, you will want to wear additional layers during training sessions and/or train indoors with no fan and increase the heat in the room if possible.
3. Travel to your race as early as possible and complete your workouts there. It generally takes 10-14 days for your body to become accustomed to the warmer environment, but starting the process as soon as you can will be better than waiting until the last minute.
4. Keep your core temperature down by drinking cold water during your event. Don't throw cold water on your head though as this will cause vasoconstriction and derail your body's natural way of cooling, thus increasing your core temperature. However, cold water on your hands will help cool your core.

New recipe: Veggie Enchiladas

Ingredients (makes 6 servings):

- 16 oz mushrooms, sliced
- 32 oz spinach (can use frozen just make sure to thaw and drain)
- 1 red potato, shredded (can use frozen hash brown potatoes)
- 2 zucchini, diced
- 1 white onion, diced
- 1/2 cup frozen corn (or canned)
- 8 oz canned diced green chilies
- 12 oz. silken tofu (can substitute with low fat sour cream)
- 2 tsps cumin
- 1 Tbsp chili powder
- 12-15 corn tortillas
- 2 bottles of Trader Joe's enchilada sauce (can use Whole Foods' Religious Experience sauce OR your favorite sauce)
- Cilantro for garnish
- Avocado for garnish

Instructions: Preheat oven to 425 degrees. Sauté onion, mushrooms, spinach, and zucchini for 5 min over medium heat. Add corn and sauté for a few more minutes. Drain any liquid and put into a large bowl. Cook potatoes in a greased pan on medium to high heat for 10 minutes or until brown. Add chili powder and cumin (salt and pepper) to potatoes while cooking. Gently combine the potatoes and green chilies to the other ingredients in the large bowl. Beat silken tofu (or use a mixer) until creamy. Add tofu to the large bowl and mix ingredients. Lightly spray a 9" x 13" pan and layer with tortillas, mixture, and sauce. Repeat until everything is gone. Cover and bake for 30 minutes. Add garnish ingredients and enjoy!

Recipe adapted from The Engine 2 Diet