

PERFORMANCE FUEL

by Tianna Bartoletta © 2019

WHAT IS PERFORMANCE FUEL?



PERFORMANCE FUEL IS...
ANYTHING THAT **FUELS** YOUR PERFORMANCE.

Newton's Second Law Of Motion

F= Force

M= Mass

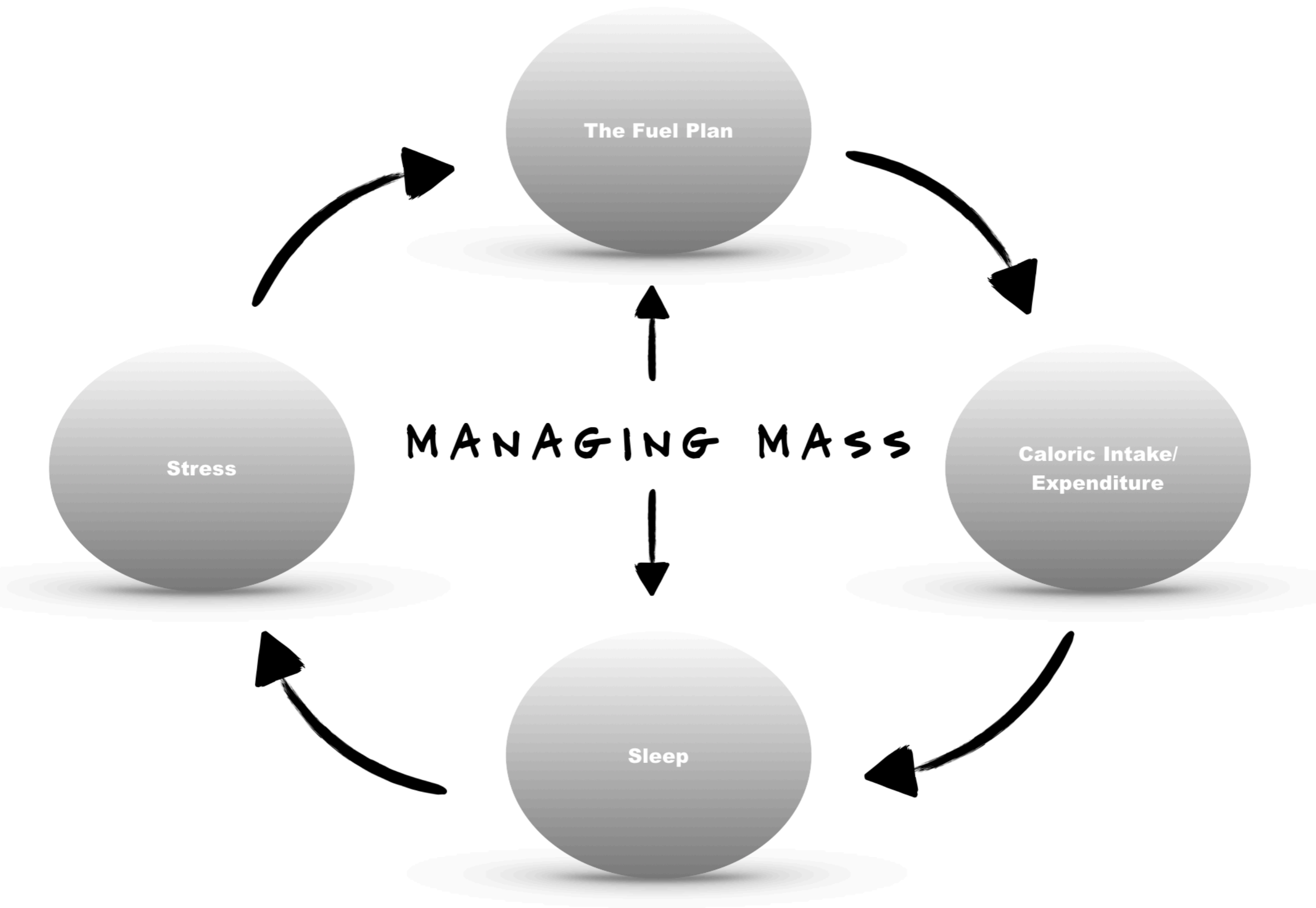
A= Acceleration



Force Application and Acceleration is learned in Training.

Mass is Your (the athlete's) responsibility.

Because it's managed AWAY from the Track



The Fuel Plan

Stress

MANAGING MASS

Caloric Intake/
Expenditure

Sleep

Components of a Fuel Plan

What You're Eating

When You're Eating

How Much You're Eating

Monitoring Caloric Intake/expenditure

Basal Metabolic Rate



the amount of calories burned by your body at rest- eating fewer calories than this is Dangerous!

Caloric Needs



the amount of calories Needed to fuel the activity your body is doing

Weight Loss Likely

When Calories Consumed $<$ Caloric Need

In other words, burning MORE than you eat over an extended period of time. This is not a sustainable place for an athlete That wants to perform to dwell.

Weight Gain Likely

When Calories Consumed $>$ Caloric Need

In other words, Eating MORE than you Burn over an extended period of time. So no, that one cheat day did not tank your athletic career.

diet is just one
component of mass
management

sleep

when your body and brain recovers because it switches from the CNS to the PNS

The Central Nervous System

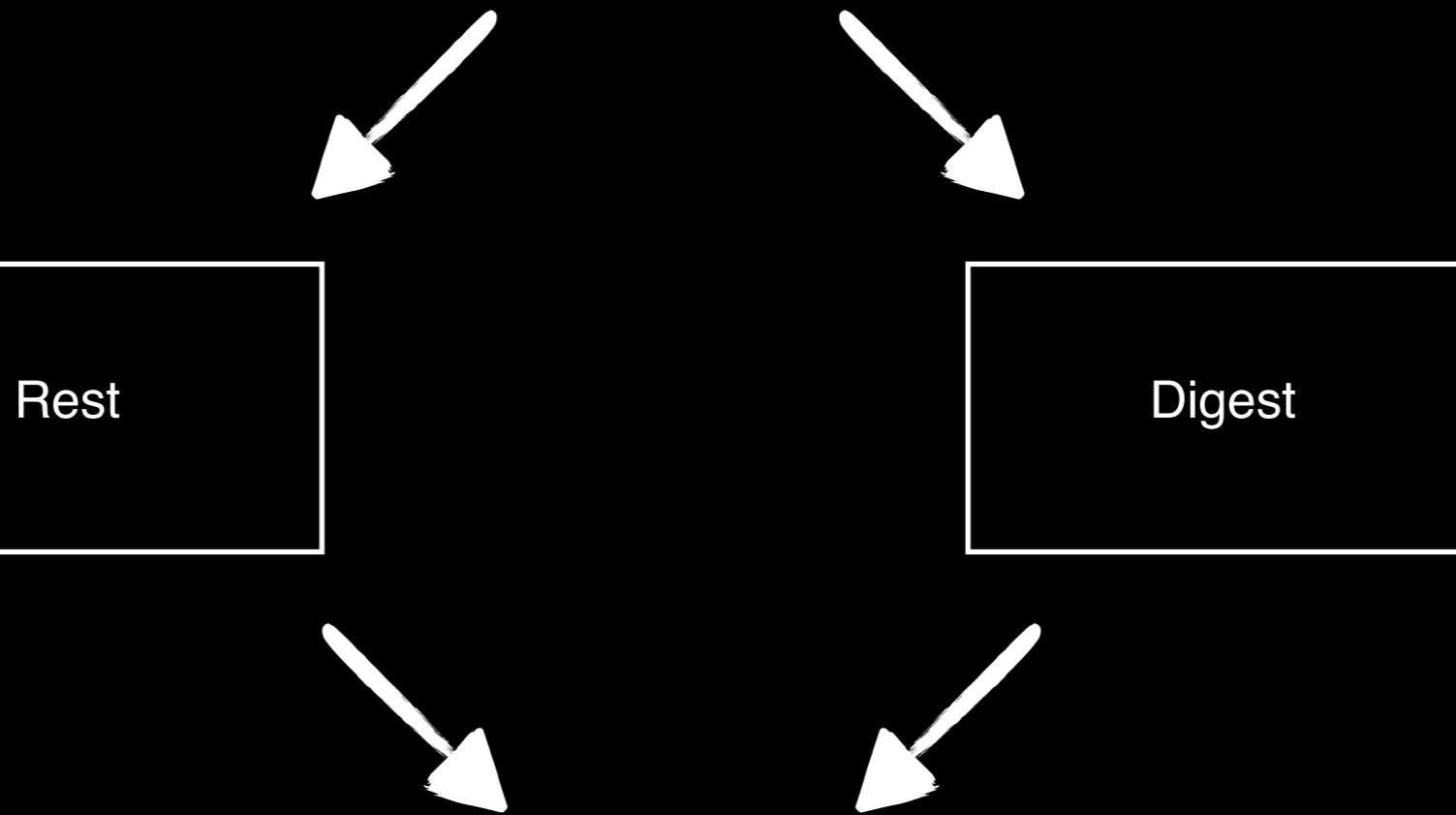
The Parasympathetic Nervous System

Is made up of Your Brain and Spinal Cord

Commonly known as the rest and digest system

Cerebrospinal fluid in the brain is released during sleep and washing away harmful waste proteins that build up during waking hours.

The Parasympathetic Nervous System

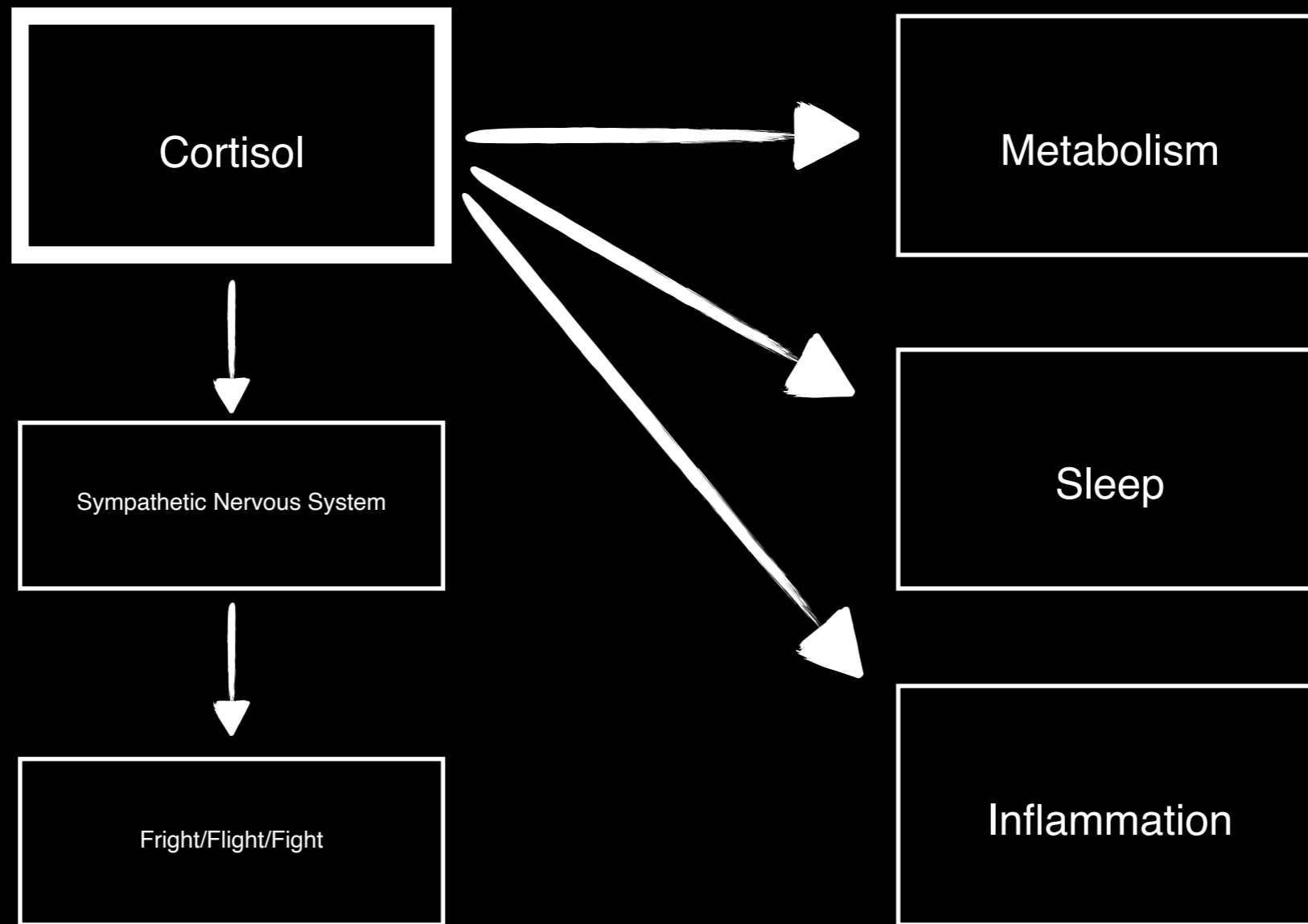


Rest

Digest

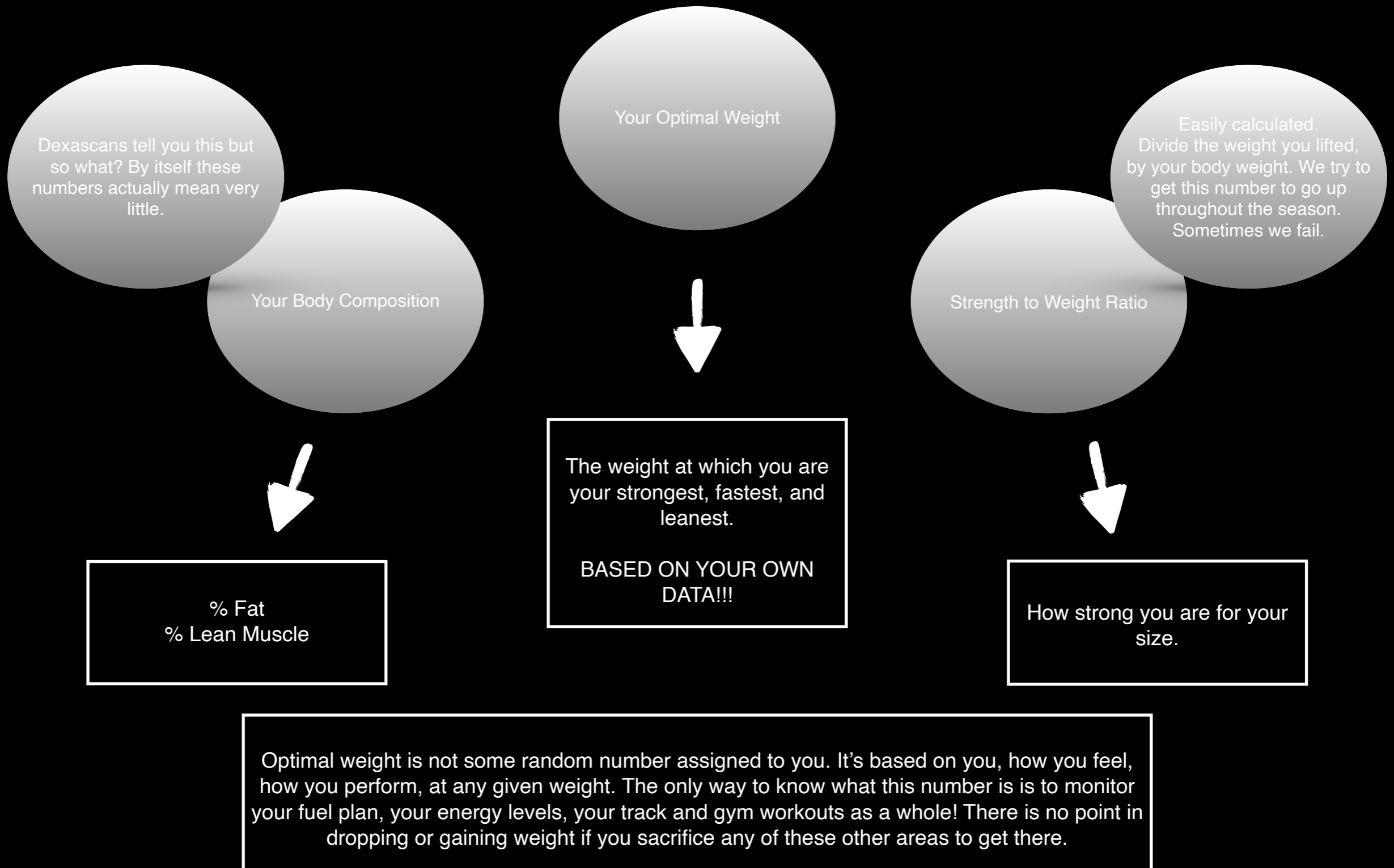
Where the magic happens. Recovery, muscles get rebuilt, neurological connections are reinforced.

Stress



Cortisol levels effect metabolism, sleep, and the body's inflammatory response.

What the Scale Doesn't Tell You



Mind The Gap

What You Do
Now

Versus

What You Have To
Do

None of us is perfect.
There is something we
can tweak or improve. Our
mission as athletes is to
identify those things and try to
improve on them. Maybe
that's sleep for you or cutting
sugar! It's never just a
number.

CLOSE THIS GAP!!!

**It's not about perfection, overeating, or starvation. It's about making small changes in intentional and healthy ways.
Anything less than that is actually sacrificing your performance.**



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