

Glycogen Depletion/Carbohydrate Loading Technique!

Glycogen Depletion Process

1. Limited Diet Of 1,200 Calories Per Day-Total
2. Continued Exhaustive Daily Workouts
3. Drink Lots Of Pure Water
4. Eat Small (6 Meals) Per Day; Have A Good Breakfast; Around
5. Work Through Feelings Of Being Tired
6. Stay With The Depletion Program As Long As It Is Prescribed (One To Two Weeks)
7. Taper Technique Occurs The Last Three Days Of The Depletion Process

Count Calories:

Basics:

***Baked Potato-19,; Cup Raisins 330,
Macaroni/Cheese 217, (2 Cups) Rice 466,
Spaghetti With Tomato Sauce (2 Cups) 385
Bagel, Plain (2) 326, Medium Banana 105,
Medium Apple 168, Whole Wheat Bread (1 Slice) 61,
Cheese Pizza (2 Slices) 306,
Sherbet Orange (1 Cup) 270, Energy Bars 290,***

“Best A.M. Breakfast Is Two Boiled Eggs No Salt, One Toast Burnt, Container Of Fruit Cocktail, Water”

“Best Lunch: 1 Slice Cheese Pizza, Small Salad Vinegar/Oil Dressing, Small Apple, Water”

“Pre Practice Snack, Energy Bar, Sport Drink, Small Apple”

“Best Dinner, Small Serving Pasta With Italian Dressing, 1 Slice Of Whole Wheat Toast Burnt, Any Fresh Fruit, Sliced Chilled, Water”

Carb Loading: Occurs The Night Before The Big Meet, And The Morning Of The Meet (At Least One Hour Before The Meet.) Lots Of Spagetti, With Light Sauce, Few Meat Balls, Servings Of Bread White Or Whole Wheat, Sweat Tea, Salads, Followed With Fresh Fruit At Home That Evening, Two Servings, Chilled. Take Light Laxative The Night Before You Go To Bed

Prior To The Meet, Big High Carb Breakfast: Pancakes, Eggs, Toast, Orange Juice