

Title:

Ironman Triathlon--Some Diet Ideas.

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Summary:

Training diets come in dozens of shapes and sizes. It will just make you crazy! Trying to figure

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Ironman diet, ironman triathlon, carbohydrates, protein

Article Body:

Training diets come in dozens of shapes and sizes. It will just make you crazy! Trying to figure

In the early years most of us Ironman beginners had no clue about diets. Most of us used the w

Seriously though, after a few years it started to dawn on me how important diet was when traini

A few years ago, I tried one diet for 4 months that maintained all you needed was lots of prot

After 4 months on this diet, I entered a 10km race and shortly after the gun went off(oh, abou

I think I can say with much certainty that an endurance athlete should never go on a high prot

From all the reading I've done, and all the diets I've tried I'm 100% certain that carbohydrat

If anything, I went overboard on the carbohydrate scale. It was a major part of my diet. It is

For protein you have several preferable choices. Egg whites are awesome. Give the yolks to you

The fat part of your diet will often be found in the protein you eat. There will be fat in the

Some notes:condiments(ketchup, mustard, mayonaise, salad dressings etc)should be used sparingly

As far as your beverage choices, use skim milk as I mentioned above. Don't be afraid of aspart

I've discovered that what you eat really goes a long way to determining how thirsty you are an

A FEW IMPORTANT NOTES: Don't get me wrong. When you are out on long rides and runs 2 hours dur

Also: As far as the amount you eat.

You are training for an Ironman Triathlon. When I mention diet, I'm not talking the amounts yo

I have "never" measured, or worried about the amount I eat when I'm in training. I am 145-150

In many sports, not just triathlon, athletes will train religiously for months and not realize

Don't let this happen to you.

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