



Virginia Commonwealth University
VCU Scholars Compass

Great VCU Bike Race Book Student Blog Posts

Great VCU Bike Race Book

2015

Bike Athlete Performance, Blog 10

Daniel Morales-Flores
Virginia Commonwealth University



Follow this and additional works at: https://scholarscompass.vcu.edu/bike_student

 Part of the [Higher Education Commons](#)

This work is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-SA 4.0) License.

Downloaded from

https://scholarscompass.vcu.edu/bike_student/31

This Blog Post is brought to you for free and open access by the Great VCU Bike Race Book at VCU Scholars Compass. It has been accepted for inclusion in Great VCU Bike Race Book Student Blog Posts by an authorized administrator of VCU Scholars Compass. For more information, please contact libcompass@vcu.edu.

VCUFLORES

<https://rampages.us/moralesflore/>

Daniel Morales-Flores

LECTURE 3 ASSIGNMENT

VIDEO SEPTEMBER 29, 2015 LEAVE A COMMENT

My 5 hour bike Race foods explained



https://youtu.be/Hdu_aOE1cnE

BOOSTPERFORMANCEVCU, DIGITALESSAY, READINGBLOG

MY WRESTLING NUTRITION

SEPTEMBER 20, 2015 LEAVE A COMMENT

I practiced once a day after school and would usually have to start lose weight for competition 1 week or 2 before. My diet 1 week before competition consisted of 1 protein shake for breakfast, which had around 24 grams of protein. For lunch I would have a fruit and milk and just a sandwich consisting of just lettuce, bread, and 3 slices of turkey. I had sips of gatorade before practice. And after I had one bottle of water and gatorade with fruit and carbohydrates usually food like pasta. A day of and before I had nothing really to eat except maybe a fruit with water, and gatorade , fluids I could sweat off before competition if I had been a little overweight. After weigh-ins I had always drank one whole regular sized gatorade bottle and a sandwich and snacks in between like candy for fast energy in between matches.I had been changing this diet somewhat a little every time depended on when and at what age I wrestled, I have been wrestling since 7th grade. The food consumption did not really help me but I had been used to the diet, so I was used to wrestling with very little carbs in my system at a high intensity. In practice because I was always very energetic the first 30-45 minutes but the last hour I would always be moderate to very slow because of what I ate and drank through out the whole day.