



European Powerlifting Federation

10 Easy steps to Muscles Fuel

1) Muscles = Fuel Tanks

"Rapid-response" fuel consists of stored carbohydrates (muscle glycogen), so eat carbohydrate-rich foods before exercising to slow down the drain on your fuel tanks.

2) The Best Time To Top-Up With Carbohydrates

Large meal - 4-6 hours before training
Light meal - 2-3 hours before training
Snack - up to one hour before training

3) Keep Your Fuel Topped-Up

For long-duration activities (60-minutes plus), drink fluids with a weak solution of simple carbohydrates.

4) Make Use of Your Reserve Fuel Tank

Your stored body fat provides fuel for longer-duration exercises. Just remember that although we have a potentially unlimited supply of fuel from stored fat, you can **only** burn fat as fuel when combined with carbohydrates.

5) The Importance Of Fluids

Drink fluids at least every 15 minutes and never wait until you're thirsty - that's a sure sign that you're already dehydrated.

6) Protein for Muscle Maintenance and Muscle Growth

If you're playing 'ball'-sports or exercising at roughly that level, you need around 1.25 grams of protein for each kilogram of your body-weight.
If you're doing a more extreme sport, such as Powerlifting, you need to increase this to 1.5 grams per kilo.

7) Proteins versus Carbohydrates

Carbohydrates provide instant fuel for the muscles. Proteins repair damaged muscles, maintain muscle mass, and increase muscle size.

8) The Best Time to Refuel Your Tanks

Within 30 minutes of ending your training, take in some easily-digestible carbohydrates, which will be converted to glucose and stored as glycogen (quick fuel).

9) Reducing Your Recovery Time

Physical exercise creates an excess of oxygen-molecules ("free-radicals") which can damage our cells, so increase your intake of **antioxidants** to help neutralise them. Ensure adequate supplies of protein.

10) Vitamins and Minerals

Ensure you take in an adequate supply of vitamins and minerals to help the body's chemical reactions, regulatory systems and formation of cellular replacement.