

# **UCSB Women's Lacrosse Performance Program**

Success

Nutrition

Fitness

Stick Work

Ten Super Foods

Performance

## **Gauchos Can Do!**

**UCSB Women's Lacrosse  
Performance Program**

*Six Pillars of Competitive Success*

Accountability

Composure

Determination

Discipline

Handling Adversity

Work Ethic

Every athlete has at least a few of these traits and these traits help them succeed. Some athletes are blessed with all six pillars. Athletes on a team can work together to instill in each other the pillars of success they already have and gain pillars they may be missing. This will make everyone more likely to be in a position to help their team succeed. Everyone should strive to achieve all six and understand how this will make their team better.

# UCSB Women's Lacrosse Performance Program

## Nutrition

A performance oriented diet can help you maximize your potential. Increasing consumption of certain types of food and decreasing other types can help your performance.

### General Concepts

- A performance diet doesn't let you load up on sweets but that doesn't mean you can't enjoy them. Instead of the whole pint of ice cream have one scoop and add nuts.
- Fruits are good but they contain a lot of sugar so be aware of your intake throughout the day. Most sugars and fat are immediately stored and not burned. However, the sugar in fruit is used if you're working out within the hour.
- Before working out or going to practice get 50 grams of carbs 1 to 2 hours ahead of time.
- After working out you need to eat at least 10 grams of protein and 20 grams of carbs about 30 to 45 minutes after the workout, including after practice. This is because you need the protein to restore the muscle fibers you strained while training.
- In general, you need good fat (fish oils, nuts, egg yolk or essential fatty acid supplements such as EFA or flaxseed oil) to maintain health & energy.
- Keep all meals to less than 1 to 2 grams of saturated fat as listed on the nutrition label.
- If you are a morning riser and you like to do an hour or less of cardio in the morning you do not to eat before working out. This is because you will burn your stored fat from the day before and use it as energy throughout your cardio workout.
- Do at least 20 consecutive minutes of cardio during a workout to realize any benefit for your heart and your body.
- Lifting weights 2 to 3 times a week is a great way to burn fat and replace it with muscle. No access to weights? Then load up on push-ups and step-ups onto a box or stairs.

### Breakfast

- Instead of Captain Crunch or Cocoa Puffs try oatmeal and bran cereals with non-fat milk or low fat yogurt mixed into them.
- Don't be fooled by the notion that a lot of fruit is healthy. They all have a lot of sugar in them which if not used within an hour will turn into stored fat.
- If you drink coffee switch out using milk or cream to using skim milk or low fat soy milk. Don't dump a lot of sugar into your coffee or tea and do ask for flavored coffee instead of adding flavored sweetener.

### Snacks

- Smoothies are not as good for you as you might think. The fruit content leads to high sugar intake and they are high in fat due to the whole milk and yogurt.
- Try low fat cottage cheese, balance bars, nuts and raisins as a snack instead.
- If you include protein in your snack it will sustain you for longer, balance your carbohydrate intake and you won't feel as hungry between meals.

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## Nutrition (cont.)

### Lunch

- Your focus at lunch time should be on protein.
- Your body is most active at mid-day and it is easier to digest the protein efficiently.
- Chicken, turkey and omelet's. Limit any whole eggs in your diet to no more than 1 yolk daily.
- Sandwiches are okay but beware of the bread. Substitute that white roll with wheat or rye bread or even a wrap. Anything with multi-grain will help you digest your food throughout the day. Fiber is the key to digesting your food and using it effectively. Be careful about overdoing fiber.
- Vegetables and other greens are good to eat during lunch. The greener your salad the better. This will provide more minerals and fibers to help break down your other foods and starches.

If you don't eat a lot of small meals and/or snack during the day then lunch should be your larger meal.

### Dinner

- Try not to eat dinner after 8pm. You can snack after 8pm but your body needs at least 5 hours to sufficiently digest a full meal before you go to sleep.
- Another 4 to 6 oz. of protein here is a good idea (1 chicken breast or 1 lean turkey burger, etc.).
- Avoid mayonnaise and choose mustard or ketchup. Common sense here lets you know that fat items will taste good but you can find other alternatives. Be creative.
- Additional greens are good here too.
- If you're going to eat a starch then minimize the quantity. A very good substitute for potatoes, french fries and other such starches would be whole grain rice, yams or sweet potatoes while steering clear of fried food cooked in oils.

This is an ideal type of diet for most team sport athletes. (Endurance athletes like triathletes training 2 or 3 times a day might have different requirements). This diet might take a while for you to get used to it. But if you're serious about being healthy and maintaining your fitness it will help you. Exercise is great but without the proper nutrition it's not as effective.

### Vegetarians and Vegans

Most college vegetarians can do a better job of eating. It takes a concentrated effort with the general diet below for vegetarian and vegan athletes to be able to perform at high levels.

- Include a lot of non-fat cottage cheese, at least 2 cups a day.
- Tofu is okay but be aware it has a lot of fat compared to non-fat cottage cheese.
- Snacks should include a lot of nuts.
- Need to regularly get legumes and grains together. Grains should be whole grains.

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## Vegetarian / Vegan Nutrition (cont.)

- Emphasize vegetables more than fruits. The ratio should be 80/20. That will be 4 servings of vegetables to 1 of fruit or 8 servings of vegetables to 2 of fruit.
- If you're vegan and no animal products are involved in your diet (no dairy or eggs) then you need even more legumes with grains.
- Vegans also need to use supplements with iron, calcium and vitamin B12. 5 milligrams of each spread out 3 times a day is recommended. 15 milligrams of each at once will result in only 5 milligrams being absorbed and the rest being wasted.
- In general these levels of protein and carbs from these sources will provide the protein and blood glucose level necessary for nerve activity.

## Fitness

Four or more workouts a week with 2 days a week of interval training and 2+ days a week of endurance / cardio training are a good start to get ready for the season. Two to three workouts a week will maintain fitness. The 4<sup>th</sup> and 5<sup>th</sup> workouts are where an athlete can improve fitness. Be careful you don't overdo it. Rest days are important.

## Interval Training (Twice a Week)

- Running outside on a forgiving surface (not concrete) is best to get ready to play a team sport outside. However, using machines or completing pool workouts every once in a while are good ways to mix up your interval training. Machines could include the stair master, stationary bike or treadmill but the elliptical is not as effective. Beware of the built in calorie counters. Don't assume they're accurate.

The key here is to fluctuate your heart rate by changing your tempo and pace.

- 220 minus your age should be your max heart rate (100%) while training. Interval training should be done between a target heart rate of 65% to your max heart rate.
- If you have a heart rate monitor then 65% will be about 130bpm to 140bpm and your max should be between 185bpm and 200bpm. Without a heart rate monitor you'll have to manually check your pulse after a workout to see where you are and if you've trained hard enough. Then adjust your effort at your next workout.
- You need to do bursts of 100% while sustaining the 65% during your rest phase.
- On the treadmill this might be a 5 minute warm up at 65% and then intervals of at least 30 seconds at 100% with no more than a 30 second recovery at 65% for 20 minutes total workout time.
- If you don't have a heart rate monitor then do your best to alternate between 65% for the rest phase and 100% for the sprint phase, check it and then adjust next time.

The idea here is to spike your heart rate and then have it drop before you spike it again. This is how you increase your VO2 Max, which is the capacity to run harder for longer periods of time.

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## Cardio / Endurance Training (Two to Three Times a Week)

- Machines are okay every once in a while here too if you feel the need to break up the monotony or they will get you doing something instead of putting it off.
- The key here is to maintain a fast steady pace for more than 25 to 35 minutes. Your heart rate should hover around 65% at all times.
- This is your long run day and your focus should be completing the run at a fast pace. It is not a long slow run day. It should be a continuous fast pace beyond your comfort level to increase your cardio vascular capacity.
- Your veins and capillaries will increase in size if you keep it going for 25 minutes or more. That's when you become fit and healthy, for sports and for life.

## Stick Work

In-season and out-of-season, lacrosse players everywhere should throw against a wall three times a week for about 15 to 20 minutes each time. If an outdoor wall isn't available then use the racquetball court at your local gym. What players do on the wall may differ from beginners to advanced, but here are some suggestions.

- Dominant hand throwing and catching. Get close to the wall so you're not throwing high passes, just straight back & forth at head height. You should be completing about 100 regular throw, catch, cradle, throws each session. You can also work on consecutive passes/quick sticks. Go for 15 in a row and work up to more, concentrating on getting an accurate pass and making the catch.
- Non-dominant hand throwing and catching, same thing as dominant hand.
- Off-side catching and throwing. Work on throwing it regular and catching it as it bounces off the wall at an angle to your off-side. Also, throw and catch off-side.
- High catches, like in center draws and throws. To do this back up from the wall and give a high pass to the wall. As it comes back reach up and catch the ball at the highest point. Can also bounce it just in front of the wall and have it come back high. Use these to work on one hand stick extended high catches too.
- Advance players work on behind the backs and around the worlds to get even more comfortable with your stick. Ultimately everyone should be able to execute these skills against a wall and out on the field.

## Discipline

Everybody should put this time in over their break. Beginners you may want to put in a little extra time to gear up for the season so you can come back strong and not forget your basic skills. Advanced players, nobody is so good they don't need to work on their stick skills. Even the best can get better. If you're not on the U.S. Team then work like you're trying to make the U.S. Team. That's what U.S. players do all the time, prepare to make the team again at the very next practice or training session.



DISCOVER MORE FOOD SECRETS!

# Ten Super Foods For Better Health!

At least one will surprise you ...

## 1 Sweet Potatoes.

A nutritional All-Star – one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber. Mix in unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

## 2 Grape Tomatoes.

They're sweeter and firmer than other tomatoes, and their bite-size shape makes them perfect for snacking, dipping, or salads. They're packed with vitamin C and vitamin A, and you also get some fiber, some phytochemicals, and (finally) some flavor.

## 3 Fat-free (Skim) or 1% Milk (but not 2%).

Excellent source of calcium, vitamins, and protein with little or no artery-clogging fat and cholesterol. Ditto for unflavored, low-fat yogurt. Soy milk can have just as many nutrients – if the company adds them.

## 4 Broccoli.

Lots of vitamin C, carotenoids, and folic acid.

## 5 Wild Salmon.

The omega-3 fats in fatty fresh fish like wild salmon can help reduce the risk of sudden-death heart attacks. And salmon that is caught wild has less dioxin contaminant than farmed salmon.

## 6 Crispbreads.

Whole-grain rye crackers, like Wasa, Ry Krisp, and Ryvita – usually called crispbreads – are loaded with fiber and often fat-free.

## 7 Microwaveable or "10-minute" Brown Rice.

Enriched white rice is nutritionally bankrupt. You lose the fiber, magnesium, vitamins E and B-6, copper, zinc, and who-knows-what phytochemicals that are in the whole grain. Try quick-cooking or regular brown rice instead.

## 8 Citrus Fruits.

Great-tasting and rich in vitamin C, folic acid, and fiber. Perfect for a snack or dessert. Try different varieties: juicy Minneola oranges, snack-size Clementines, or tart grapefruit.

## 9 Diced Butternut Squash.

A growing number of food stores sell peeled, seeded, cut, and ready to go – into the oven, into a stir-fry, or into a soup or risotto, that is – bags of diced butternut squash. Every half cup has 5 grams of fiber and payloads of vitamins A and C.

## 10 Pre-washed, Pre-cut Bags of Greens.

Greens like kale, spinach, and broccoli rabe are nutritional power houses. Most are loaded with vitamin C, carotenoids, calcium, folate, potassium, and fiber. Now it's easy to squeeze healthy greens into your busy schedule.



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# 10 Foods You Should Never Eat!

## 1 Artery Crust.

Judging by the label, **Pepperidge Farm Original Flaky Crust Roasted Chicken Pot Pie** has 510 calories and 9 grams of saturated fat. But look again. Those numbers are for *half* a pie. Eat the entire pie, as most people probably do, and you're talking more than 1,000 calories and 18 grams of sat fat. Then add the 13 grams of hidden trans fat (from the partially hydrogenated vegetable shortening) in each pie and you're up to 31 grams of artery-clogging fat — that's far more than a day's allotment.



## 2 Strip Tease.

**McDonald's Chicken Selects Premium Breast Strips** sounds healthy. In fact, ounce for ounce, the Selects are no healthier than the chain's Chicken McNuggets. A standard, five-strip order has 630 calories and 11 grams of artery-clogging fat. That's about the same as a Big Mac, except the burger has 1,010 mg of sodium, while the Selects hit 1,550 mg, even without the salty sauce.



## 3 Factory Reject.

Each slice of **The Cheesecake Factory's 6 Carb Cheesecake** has 610 calories — that's the same as you'd get from a slice of their Original Cheesecake. Think of it as an 8-ounce prime rib for dessert — with 29 grams of saturated fat, 1½ days' supply. The next time you step on the bathroom scale, you may never know that the carbs were missing.



## 4 Everlasting Dove.

Dove squeezes some 300 calories and 8 to 13 grams of saturated fat (half-a-day's worth) into a tennis-ball size serving (half a cup) of its **Dove Ice Cream**. That puts it in the same ballpark as Ben & Jerry's and Häagen-Dazs. With names like "Unconditional Chocolate," Dove is trying to link chocolate with romance. A scoop of its ice cream will fill your heart all right ... but not with love.



## 5 Out in Left Field.

No one expects a Mrs. Fields cookie to be good for you, but who would guess that a single **Mrs. Fields Milk Chocolate & Walnuts cookie** has more than 300 calories and as much saturated fat as a 12-ounce sirloin steak? It's also got six teaspoons of sugar. If you can't resist Mrs. Fields, share the smallest bag of Nibblers (six half-ounce cookies) with a friend. Or walk a few feet and look for a piece of fruit at another store instead.



## 6 Starbucks on Steroids.

The **Starbucks Venti (20 oz.) Caffè Mocha** with whipped cream is more than a mere cup of coffee. Think of it as a Quarter Pounder with Cheese in a cup. Few people have room in their diets for the 490 calories and 16 grams of bad fat that this hefty beverage supplies. But you can lose all the bad fat and all but 170 calories if you order a tall (12 oz.) with nonfat milk and no whipped cream.



## 7 Stack Attack.

Unless you're suicidal, why on earth would you want to wolf down a **Burger King Quad Stacker** — 4 hamburger patties, 4 slices of cheese, 8 strips of bacon, plus sauce and a bun? That's half-a-day's calories (1,000), one-and-a-half-days' worth of saturated fat (30 grams), 3 grams of trans fat, and more than a day's sodium (1,800 mg). Urp!



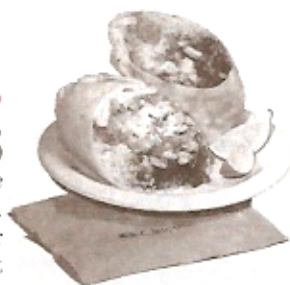
## 8 Salt's On!

**Campbell's Chunky, Select, and red-and-white-label condensed soups** are brimming with salt: Half a can averages more than half of a person's daily quota of salt. Instead, try brands like Healthy Choice and Campbell's Healthy Request, which have less than half as much sodium.



## 9 Tortilla Terror.

Interested in a **Chipotle Chicken Burrito** (tortilla, rice, pinto beans, cheese, chicken, sour cream, and salsa)? Think of its 1,180 calories and 19 grams of saturated fat as *three* 6-inch Subway Steak and Cheese Subs. Getting the burrito with no cheese or sour cream cuts the saturated fat by two-thirds, but you still end up with 950 calories. Yikes!



## 10 Razzle, Dazzle 'em.

A **Mint Chip Dazzler** at Häagen-Dazs stores (three scoops of ice cream, hot fudge, Oreos, chocolate sprinkles, and whipped cream) has 1,270 calories and 38 grams of saturated fat — that's two days' worth. Think of it as a portable T-bone steak with Caesar salad, and baked potato with sour cream. But that's dinner — yet many people have a Dazzler as a dessert after lunch and dinner!



**Far better alternatives are available to you.**  
**Turn the page for some healthier choices!**



# P

# Performance



## Timing Is Everything

WHEN YOU EAT—NOT JUST WHAT YOU EAT—MAY BE THE KEY TO UNLOCKING YOUR POTENTIAL

Muscle exhaustion has a way of sneaking up on you—you wake up on the third morning of a long weekend in Moab barely able to take advantage of the continental breakfast, let alone pedal Slickrock. Or, midway through a run in B.C.'s backcountry your legs suddenly and dangerously turn to pasta. Sound familiar? The remedy, according to renowned nutrition and performance experts John Ivy and Robert Portman, may be as simple as getting your body what it needs at the precise time it needs it. "Muscles begin to cannibalize themselves if you don't intervene at the right time with the right nutrients," says Portman. Based on the three phases of our muscles' 24-hour growth cycle, Ivy and Portman's recent research and influential new books, *Nutrient Timing* (for strength training) and *The Performance Zone* (for endurance athletes), explore the combinations of carbs, proteins, amino acids, antioxidants, and electrolytes you need to feed your muscles at the moments they are most responsive. Intimidating? It shouldn't be. You can find the prescribed combination of nutrients, proteins, and carbohydrates in a number of products—including recovery drinks (Ivy and Portman developed one of the first—Endurox R<sup>4</sup>) and even chocolate milk. If timed right, a combination of these liquids can help aerobic athletes shake free of dead legs and lower their body-fat levels, and can speed up recovery time. Should you find yourself miles from a GNC, Portman says any snacks with a four-to-one ratio of carbs to protein should do the trick if eaten before, during, and immediately after a workout. Six-time Ironman World Champion Dave Scott, an early convert to nutrient timing, says, "I'm less sore and have greatly increased my training volume." Below, a primer for the adventure athlete. —Gwen Kilvert

### ENERGY PHASE

This is the workout phase, when your body expends the energy required to drive muscle contraction. **STRATEGY:** Drinking 12 ounces of a 4:1 carbs-to-protein drink up to 30 minutes before, and during, your workout will boost your carbohydrate stores, which deliver the energy your body needs to sustain itself through the workout. It will also provide the protein needed to set the stage for faster recovery.

### ANABOLIC PHASE

The 30 minutes just after exercise are the most critical. In other words, don't skip refueling during this stage, when muscles are most receptive to the nutrients that trigger recovery. **STRATEGY:** Getting the same 4:1 combination—found in recovery drinks, chocolate milk, even a turkey sandwich—delivers nutrients to muscles just as they are ready to rebuild, improving strength and increasing fat reduction.

### GROWTH PHASE

The most substantial strength gains occur when your muscles are at rest. **STRATEGY:** The foundation is simple: Eat right. But to supercharge performance, have a protein shake (or an equally protein-packed meal) between two and four hours after working out. This will sustain the process that repairs muscles and builds lean body mass—and will enhance future performance.