TSAC Muscle Building Quick Tips

NSCA™ Tactical Strength and Conditioning

Powered by GENUINE MUSCLE MILK®

1. Top off your fuel stores by meeting your carbohydrate needs on a daily basis. Carbohydrates fuel high intensity training for practice and in the weight room. If carbohydrate stores are low you will not be able to perform and train at your best.

2. Hydration is critical before, during, and after training. The optimal levels of hydration will ensure metabolic stress is minimal. Ultimately water replacement should be balanced with water loss. This maybe difficult to monitor so here are some guidelines:

   Before

   • Drink 2 cups (16oz) of fluid 2 hours before the event.

   • Drink 1 cup (8oz) of sport drink 10 – 20 minutes before the event.

   During

   • Consume a sports drink that provides both electrolytes and 30 – 60 g of carbohydrate (120 – 240 kcal) per hour to prevent fuel depletion.

   • Drink 1 cup of fluid every 15 – 20 minutes.

   After

   • Drink 2 – 3 cups of fluid for every pound of body weight lost.

3. Protein is essential to repair and rebuild muscle that has been broken down during training and performance. It is recommended to mix in lean sources of protein with each meal and with snacks as well. In order to ensure your protein requirements are being met on a daily basis eat about 1 gram of protein for each kilogram that you weigh (2.2 lbs. = 1 kg).

4. Eat smaller and more frequently than "three squares" per day. Eating smaller meals more frequently effectively regulates hormones and ensures an even flow of energy to your bodies' muscles. Furthermore, it is better for your cardiovascular health.

5. Get a combination of carbohydrates and protein as soon as you can, preferably within 30 minutes after training to help repair and recover the muscle. During this critical window of time, your muscles more easily store glycogen and furthermore, you will provide the needed amino acids to promote quick recovery and rebuild skeletal muscle protein.

6. Your biggest meal should be about 3 hours before your event. Try to combine about 1.5 – 2.5g of carbohydrate per pound of body weight with lean protein. If you find it hard to eat before activity, try something in the form of a liquid or a bar on a training day then incorporate it game-day if you find it tolerable.

7. If you are trying to lose body fat and build muscle, look for processed carbohydrate food sources to limit or restrict. After that, try to limit fat, particularly trans-fats. Emphasize unprocessed, unrefined carbohydrate such as fresh fruits and vegetables as well as healthy sources of fat such as nuts, fish fat, and plant oils.

8. No mater what the activity, everyone needs oxygen to recover. Metabolic by-products of exercise are sometimes referred to as "free radicals". Free radical action leads to damage of muscle cells. Vitamins like A, C, E and Beta-carotene counter free radical damage and are called "anti-oxidants." Food sources that contain anti-oxidants include: citrus fruit, dark green leafy vegetables, and nuts. So be sure to include these foods on a regular basis.

9. Vegetarians need to pay particular attention to the amount of calories they take in. In addition they need to ensure that they are getting enough protein and iron in their diet.

10. Creatine supplementation (3 – 5 grams daily) may increase lean body mass, skeletal muscle protein, muscle fiber cross-sectional area, strength, and power in individuals who are concurrently participating in heavy resistance training. There is no evidence to suggest that regular creatine supplementation (3 – 5 grams daily) has any deleterious effects.

The NSCA recommends you consult a physician before starting any exercise program.