



January 23rd, 2009

## Racing



### How Do You Stay Fit Over the Winter?

A method that has always worked for me is to sign up for a race that scares the heck out of me.

The goal for signing up for this race should be to push you out of your comfort zone.

Committing to the race can help keep you on track over the winter. Anyone can get outside on a nice summer day; we need a reason to run when it is 35 degrees and race. Need help finding a scary race?

Check out the link below for a race in your area:

[Ultrarunning Calendar](#)

## Nutrition



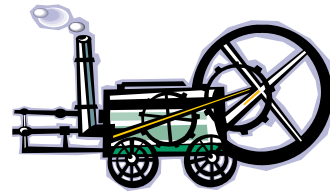
### Endurance Racers Need to Eat!

Please check out the link below for a very tasty Crockpot meal idea:

[Chicken and apple entree](#)

## Training

(This is really more of a book recommendation)



### Metabolic Efficiency

Can you train your gut?

G.I. tract issues and IM or Ultra distance racing often seems to go hand in hand.

Is the problem what you eat, when you eat, how much you eat? I say yes, and that there are other things to consider.

For today I want to talk about how we can train our system to handle the calories we take in.

The more calories we take in during an event, the higher the chance of G.I. issues.

Too few calories and we “Bonk”; too many and the stomach rebels.

As we head into the spring, now is the time to teach your body to use calories as efficiently as possible.

If you would like to learn more about improving your metabolic efficiency, check out:

[Nutrition Periodization for Endurance Athletes](#)