

Re: Eating Before Sleep

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-03/0211.html>

From: 00doc (forum_at_goheavy.com)

Date: 03/05/05

Date: Sat, 5 Mar 2005 08:20:34 -0500

NYC XYZ wrote:

- > *You know, that's really interesting -- I've NEVER been*
- > *bothered by*
- > *strenuous exercise right after eating! Even in the Army,*
- > *when that*
- > *was like that norm...always wondered what was up with*
- > *folks who had*
- > *stomach cramps, etc., from strenuous physical activity*
- > *right after a*
- > *meal.*

If you work out hard about 45-60 minutes into it you will have burned though the muscle glycogen supplies and your body will be kicking into catabolism mode. Most people will feel a let down in energy at that point.

There are basically three ways around this:

- 1) Keep the strenuous part of the workout (heavy lifting - tough sets) to less than 45 minutes (which Simmons advocates anyway).
- 2) Sip an energy drink during the workouts instead of water.
- 3) Put something some complex carbs "in the tank" (i.e. the stomach) right before the workout so that they will digest and hit the blood stream during.

Of course - I didn't list as reasonable what are probably the two most commonly done options:

- 4) Lift like a high school girl.
- 5) Go hungry and fight through the second half feeling like shit.

- > *I don't understand this bit about needing carbs to burn*
- > *during the*
- > *workout...doesn't the body just grab at the fat and burn*

- > *that?? Why*
- > *stick in more carbs?*

You can burn fat but it is not that efficient. The body has trouble keeping up if it has to rely on fat metabolism. What usually happens is you feel sluggish during the workout and then afterwards the body will catch up and replenish the glycogen stores from fat.

- > *Boy, this shit's too much "rocket science" for me...I*
- > *liked it better*
- > *when I was 21 and just doing whatever the hell I wanted!*
- > *If I wanted*
- > *to eat it, I ate it! If I wanted to lift it, I lifted!*
- > *If I felt*
- > *like a siesta, I had one.*

When I was in college I used to be able to lie down on the mats outside the weight room that people were using for stretching and sit ups after my squat work-out, take a 15 minute nap, and then get back up and finish. It really freaked people out sometimes.

--
00doc