

Hibiclens Training Techniques

Quentin's food tips add fuel in hungry season

This is a chance for me to brag about one of my teammates. Over the last two years, I have watched him thrive at Cincinnati Functional Fitness. I have thoroughly enjoyed spending many hours with him in the trenches. I have seen him grow from a former wrestler to a fired-up youthful trainer. He has become one of the best trainers I know. I am honored to introduce my trainer, Quentin Dunn, and the following words of his that will help wrestlers with nutrition.

Nutrition is a WEAPON for wrestlers

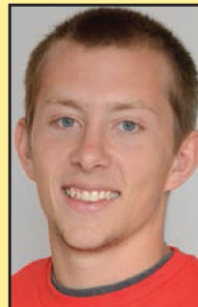
One of the toughest battles all wrestlers experience is the dreadful weight cut. Many times wrestlers drive themselves into the ground by restricting themselves to very little calories. Often times the athlete is tired, fatigued, dehydrated and run down as a result of little calorie consumption. Consequently, they are in a constant negative energy balance; they have no gas in the tank. Being in a negative energy balance leads to sub-par training results. If you want to maintain energy, train optimally and run like a Ferrari use these nutritional tips that Juan Carlos Santana, Jose Antonio, and Jeff Volek developed.

Two weeks out

Drink plenty of water (.6 to .75 ounces per pound of bodyweight). The water consumption will jump start your kidneys signaling your body to start regularly flushing out the water that is being consumed. Eat five to six meals a day regularly. Eat one gram of protein per pound of bodyweight.

One week out

Monday: Consume .75 ounces of water per pound of bodyweight. Try to consume 1.25 grams of protein per pound of bodyweight. Consume lean meats (chicken, fish, turkey), raw vegetables, a little bit of fruit and whole grain foods like



Quentin Dunn

Ezekiel bread. Consume flaxseed meal to begin cleansing the digestive system of excess weight.

Tuesday: Consume one ounce of water per pound of bodyweight and increase protein consumption to 1.5 grams per pound of bodyweight. Now we want to reduce the amount of sodium in the diet (sodium retains water weight). Continue eating vegetables, lean meat and whole grains. Again, use flaxseed meal to continue flushing the GI tract.

Wednesday: Continue drinking one ounce of water per pound of bodyweight and keep the protein consumption at 1.5 grams per pound of bodyweight. Cut out the whole grains and stick strictly to raw vegetables and lean meats. Again, use flaxseed meal to continue flushing the GI tract.

Thursday: Water consumption should be .25 to .4 ounces of water per pound of bodyweight. *No sodium* can be consumed. Only lean meat and raw vegetables should be consumed. Avoid foods that are high in fiber at this point and start eating bars, shakes, meats and nuts for calories. If needed, use flaxseed meal to continue



(Scott Goodpaster photo)

CFF wrestler Corey Shie enjoyed his filet mignon, broccoli, and two pieces of Ezekiel bread with butter along with his water for dinner. Shie also showed discipline by cooking his filet mignon.



(Scott Goodpaster is the owner of Cincinnati Functional Fitness, an MMA Certified Strength & Conditioning coach and nationally recognized in the field of strength & conditioning. To order training DVDs specific to wrestling or for more information please visit www.cincyfit.com)