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July Newsletter Part I



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Hello,

I hope that the month of July has treated everyone well and that you find yourself a step or two closer towards achieving one of your short/long term goals. Things are active here for the CasePerformance team members.

Our [strength](#), [running](#) and [nutrition](#) consultations are going well. If you're interested in finding out about our group discounts please send us an [email](#).

I. A Look at This Month's Newsletter

In Part I of the July Newsletter, we kick things off with our CP Community Member of the Month interview with tennis coach, physical preparation coach, and registered dietitian, Jeff Rothschild. In it, Jeff shares with us his background, training for tennis, nutrition and supplement strategies. Additionally, Jeff shares with us his research interest in circadian rhythms and time restricted feedings – how does this affect health and performance?

Following our interview, we get to our CP Community Member Discussion where Khaled Dabbagh shares with us his article, *Ramadan and the Athlete*. In it, Khaled discusses the sun up to sun down fasting protocols of Ramadan and how, those practicing it can maximize their physical performance during this time period!

Needless to say, I think you'll enjoy Part I of our newsletter!

Respectfully,

Sean Casey

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II. Community Member of the Month...



Jeff Rothschild – Tennis coach, strength and conditioning coach, cyclist enthusiast and registered dietitian (RD)

This month's CasePerformance Community member of the month is Jeff Rothschild, a friend of nutrition and human/sport performance who comes to us from Los Angeles, California, USA. Jeff recently completed his MS degree in Nutritional Science at Cal State University – Los Angeles (CSULA) and is a registered dietitian. In addition to his interest in nutrition, Jeff is quite a fan of sport. During the past 4 years, Jeff has served as the assistant tennis coach for CSULA. Additionally, he has served as their strength and conditioning coach during this same time frame. When he's not busy coaching or doing nutrition work, Jeff stays pretty active himself with cycling, tennis & weights. But enough of my rambling, let's get straight to the interview...

First off, I want to thank you for taking the time out of your training, work and

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social commitment schedule to join us today. We are honored with your presence.

It's my pleasure! I've been a reader for a while and am honored to be included.

Tell us a little about your background... How did you get involved with exercise in general? Did you participate in any sports while growing up?

As a kid I played whatever sport was in season, football, basketball, baseball, soccer, etc. I also really got into tennis, which eventually became my primary interest and I began playing in tournaments when I was about 11. I didn't play college tennis, however, because I went to music school. This career in nutrition and fitness is actually a second one for me, I spent my twenties in a recording studio making records (www.Jeffrothschild.com). Nutrition and fitness was a hobby, but there came a point where I was getting progressively burnt out on music and this seemed like the right change to make. Believe it or not, I was totally fine going from working with rock stars to sitting in a college nutrition class!

I know you still stay pretty active on the training side of things. Can you share with the CP Community your particular areas of interest in this area?



Yeah, my time with the tennis players is what excites me the most. As you mentioned, I'm the assistant women's tennis coach at CSULA. We are a small D-II school and don't have a formal S&C program the way bigger schools do, but being an NSCA-CSCS with a background in tennis, this was actually a perfect fit for me! In addition to working with the players on the court, I've been able to do all of the strength &

conditioning with the team for the past four years.

One of my first and biggest influences with regards to strength training was (and

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continues to be) Mark Rippetoe. I remember when I first read *Starting Strength*, I was highlighting all over the place! The simple fact is, with all other things being equal, a stronger athlete is going to be more successful than a weaker one. As I'm sure you're well aware, nothing builds strength like squats, press, bench, dead lifts, pull-ups, and rows.

I've had amazing results with programming that looks a whole lot like a *Starting Strength* design, but modified for the scheduling of a tennis season. Our main competition season is Feb-May, but we also play in fall tournaments (and NCAA rules can be very restrictive outside of the main competition season). This means there aren't very many weeks where we can lift 3x and I also need to be mindful of not making them too sore to compete on the court.

A big reason why I feel this works so well for me is that many of my girls come in with little to no previous experience with the barbell lifts, though they have a high degree of fitness and athleticism. Nothing gives more bang for your buck (time-wise and strength-wise), than getting someone like this squatting/pressing/dead lifting. It's also just plain awesome to see girls who weigh 100-140 lbs squatting and dead lifting 150-200+ lbs. In addition to the powerlifting, I'll include plyometrics and track conditioning as well as my favorite, a steep hill at school that takes about 15 seconds of full-out sprinting to reach the top of. I tend to stay on the strength side of things vs emphasizing power, at least for the first year I have them on the team. Though tennis is a power sport, you've got to be *strong* before you can be *powerful* (hat tip to one of my mentors, a great coach named John Farr).

“I should also mention that I'm not currently a fan of 'tennis-specific' exercises ...”

I should also mention that I'm not currently a fan of 'tennis-specific' exercises. My mind will remain open and if anyone wants to chat I'd love to, but to have someone imitate tennis strokes in the gym (when they're repeating that motion hundreds of times per day on the court) seems kind of silly. The same goes for stability balls... I want my time in the gym to be spent getting them as strong as possible (to a point), and nothing I've seen beats squat/press/deadlift.

The team has been ranked between #13-21 in the nation for the past four years, and I'd really like to be inside the top 10 this year. Each of the previous years has given me invaluable feedback about what works and what can be better, when I can really work them and when I need to taper, etc. Needless to say I'm very optimistic and excited about the upcoming season.

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What does your own personal training look like? Are there any goals you’re working towards yourself?



My training includes a mix of weights (barbell lifts along with some pull-ups, plyo, sled pushes, etc), tennis, and cycling. My goals are to generally feel strong/healthy, for enjoyment (definitely still very competitive on a tennis court, and we have AMAZING cycling in the Santa Monica Mountains), and as a guinea pig to see how lifting affects tennis performance.

For example, the past few weeks I've emphasized dead lifting in my workouts and I can see in my tennis performance what aspects are helped the most by increasing my dead lift. I've also gone through phases of doing mainly pull-ups, or bench presses, and I could see/feel how certain shots benefitted more than others. Some people may think it sounds nuts, but I have no doubt certain lifts carry over more to certain shot in tennis than others. I can feel it, and I wanna know how things translate.

Were you always interested in nutrition growing up or did your passion in this area develop later?

I never really had to worry about my weight, but my Mom was into nutrition when I was growing up so I generally ate pretty well and found the topic interesting. It wasn't until my mid-late 20s when I started learning that so much of the traditional wisdom regarding meat/egg yolks/ sat fat, etc was upside-down that I started getting interested. Then I realized I had a wheat allergy (non-celiac) and chocolate allergy so that just accelerated my interest and learning.

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A topic I always get questions about is nutrition and supplements. Have you found any nutrition strategies to be particularly effective for you?

Yep, self-experimentation is huge, and the mixed blessing for me is that I'm super sensitive to how food affects my body. I had one glass of wine and followed by some ice cream last night around 10 pm (extremely rare for me) and I swear it kept me up tossing and turning until well past 2 am! haha

I know the topic of breakfast can be incendiary, especially on the internet... My thoughts are that it's not necessary in healthy people who aren't stressed (physically or otherwise), but in people who have any type of circadian dysfunction, are insulin or leptin resistant, suffer from adrenal issues, or are trying to lose weight, they should eat breakfast and most importantly it should contain a good whack of protein. I usually tell people to think dinner for breakfast. My typical breakfast is a half-pound of ground beef (80-20 organic, grass-fed) and some sauteed veggies, it keeps me full and I feel amazing. On the rare occasion I have a high-carb/low-protein breakfast I feel hungry and generally pretty crappy through the day. Dr Heather Leidy is publishing a lot of great research on the effects of a high-protein breakfast.

“The common wisdom that 'breakfast is the most important meal of the day' needs the caveat that carbs-only is NOT an actual breakfast. ...”

The common wisdom that 'breakfast is the most important meal of the day' needs the caveat that carbs-only is NOT an actual breakfast. I'm sure people who love oatmeal are scoffing at me right now, but to them I'd say try eating 35 grams of protein (from food, not powder) with some good fats for breakfast for at least three days in a row and see how you feel. My hunch is that the high-protein breakfast anchors in your circadian rhythms possibly related to a cortisol bump. Some fruit in the morning can be a good thing in order to refill liver glycogen, but I think starch is better left to the post-workout window (lunch and/or dinner). Fructose and glucose are metabolized differently, and that knowledge can be used to optimally balance blood sugar, recovery, and performance. While liver glycogen is decreased overnight, muscle glycogen is preserved (which to me is why fasted strength training can be fine). The benefits and implementation of fasted training are perhaps best saved for another time.

What are your thoughts on supplements?

For supplements I'm pretty conservative, I take whey and creatine, some Mg at night if

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I've had a hard workout, some adrenal support (both botanical and animal sourced), zinc and vit C if my body has been stressed a lot (traveling, around sick people, working in a hospital, etc). I think most people would benefit from gelatin powder (if they don't consume bone broths), especially those people who eat a lot of chicken (balancing methionine, glycine, etc). Here's a [good read](#) by Dr Chris Masterjohn.

You've had a fair amount of experience either competing in or working as a coach in the field of sport. From either a training or nutrition perspective, what are some common errors you see athletes making?

Not sleeping enough! I recently saw Tim Howard say he likes to get *more* than his *usual* 10 hours of sleep on nights before games! A simple heuristic to make sure you're sleeping enough would be if you need an alarm, you haven't slept as much as your body wants. TS Wiley has said to sleep as much as you can without getting divorced or fired. ha. I recently wrote a blog post, [Sleep and Athletic Performance](#), aimed at high-school and college-age athletes about the importance of sleep on performance. **[Editor's note-** I encourage everyone to check out that article]

“...Recovery begins as soon as the last ball is struck or the last weight is lifted...”

I also see athletes going to class right after a practice or workout without eating anything... man that drives me crazy! Recovery begins as soon as the last ball is struck or the last weight is lifted. Bring something to eat if you have to go to class; chocolate milk, pb&j, anything!

And the other big one for me is not fueling properly during competition. Each sport has different time/rest periods, but since my competitive backgrounds are in tennis and cycling, I can assure you that the pros are really on top of this on game day (and in training).

You fall into the "Warrior Nerd" category of CP community members. That is, you love training and have been known to thumb a scientific journal or two. Can you share with us your academic background and areas of research that you find most fascinating?

Ha I like that! Yeah doing my MS in Nutritional Science allowed me to really learn about

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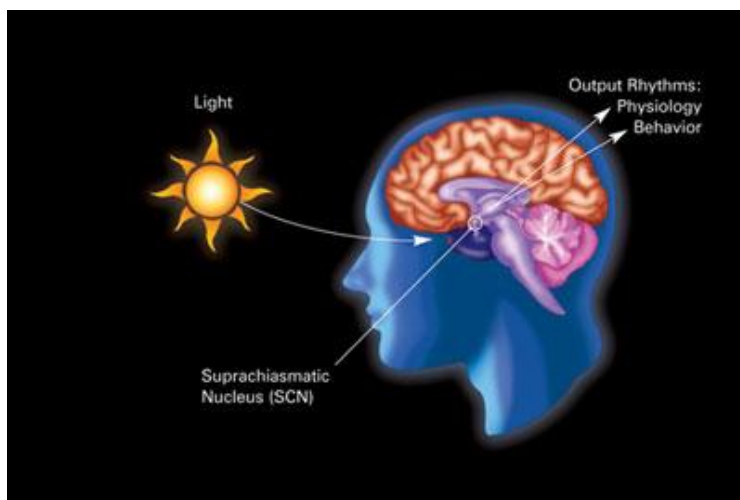
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and enjoy the research process. I just had a review on [time-restricted feeding published](#), a topic that is increasingly practiced but the research had not been summarized.

To make a long story short, eating in an 8-12 hour daily window during the daytime is a really good thing for general health. I know many people follow a noon-8pm window, which personally I think is fine during the summer but would be better off moved up in the winter. Basically, eat most of your food when it's light out, the reason being how the food drives your circadian rhythms. There are many good reviews available on the topic of food and circadian rhythms, and I have a paper on this that is just about to be submitted for publication.

I've also worked on some food science research, including a [review on the effects of germination on gluten-free grains](#), and a few other papers that are in the pipeline (either submitted to journals or still in the writing phase) which focus on the effects of roasting on quinoa and the effects of germination on legumes.

Could I twist your arm into sharing with us a bit of the key points that you discuss as it relates to food and the circadian rhythm?



Yeah of course... the light/dark cycle is the main driver of circadian rhythms in our body. It cues the master clock in the brain (think of it like the drummer), which sends out time cues to the clocks that are located all over our body (including, for example, in our liver). Feeding rhythms also affect the clocks, but they drive the clocks in our peripheral organs and don't affect the

master clock (under normal circumstances). So think of feeding rhythms as the piano player. If you are eating during the daytime and sleeping at night, the drummer and piano player are playing the same song and everything is good... but if you're working night shift or eating frozen pizza every night at 1 am, you're giving your body mixed signals; the light dark cycle is playing one song while the feeding rhythm is playing a

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whole different song. That won't sound very good. Or to put it another way, it's like a traffic cop screwing up traffic and telling both sides to go! We wanna keep everything in accordance, not discordance.

“On a related note...I'm not a fan of exercising after dark...”

On a related note this is also why I'm not a fan of exercising after dark (giving your body mixed signals). People might not wanna hear this, but I think the only exercise we should be doing after sunset is easy walking or having sex. lol. This also relates to why in the NFL, west coast teams have a huge advantage on Monday Night Football. I refer you to [this article](#) that appeared in the journal *Sleep*.

Any other final thoughts/advice you're willing to share with us at CasePerformance?

I like to keep things simple... wake up without an alarm, eat real food (things with one ingredient when you buy them), eat when it's light out (or as soon after sundown as possible), and use a barbell to get strong. If everybody did that, the health care industry as we know it would look a whole lot different.

Great advice there! Once again I want to thank you for joining us here today. Keep up the great work!

Thanks so much for inviting me to be here!

Reference

National Institute of General Medical Sciences. Diagram illustrating the influence of dark-light rhythms on circadian rhythms and related physiology and behavior. Content created July 2008. Accessed from: http://commons.wikimedia.org/wiki/File:Circadian_rhythm_labeled.jpg

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III. Community Member Performance Discussion

Around the world, many individuals spent the month of July fasting as part of Ramadan; maybe this even includes you. Did either their or your own physical performance plummet during this time period? If so they'll want to hold onto this month's CasePerformance newsletter as [Khaled Dabbagh](#) shares with us strategies to maximize physical performance while partaking in Ramadan like fasts.

Ramadan and the Athlete: A Practical Approach

By Khaled Dabbagh



Many articles have been written on the various physical and spiritual aspects of the Ramadan fast. However, what's addressed to a lesser degree is sports nutrition as it relates to the Islamic fasts (**IsF**) of Ramadan; with more people of the Islamic faith participating in both amateur and professional sports, the need for more practical advice on maintaining the needed physical performance has arisen.

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Key issues faced by the Islamic practicing athlete include:

- *What can you do if you choose to fast but want to maintain a certain level of performance on the field or in the gym?*
- *How shall you eat when your aims are not strictly cosmetic and more sport and fitness specific?*

As a trainer myself with an Islamic background, trust me on the importance of these questions. I myself nearly fainted while giving a spinning class after a 14 hour fast. A trainer nearly drowning in a pool of sweat and bike oil is not part of any kind of fitness craze, at least it shouldn't be!

Although this experience was not my finest moment on the bike, it did make me want to research the subject more. It is my opinion that a lot can be done in the way of supplementation, meal planning (during the eating hours) and food quality that can maintain a current level of physical performance.

How Tradition and Practicality Meet

There is a clear religious order to be followed during Ramadan. This includes fasting from both food and drink from sunrise to sunset as well as complete abstinence during the Holy Month. However, Islam does not tell those who practice how to break their day long fast. More than likely, following a tradition set both by the Prophet and ancient Arabs, most Muslims will break their fast by eating a couple of dates, drinking liquid yoghurt and water, then moving on to prayer, which lasts between 10 to 15 minutes. This first meal is referred to as **Iftar**, or breaking the fast.

Afterwards, they may have a larger meal consisting of soup or meat broth, meat and rice with some vegetables.

The **Suhoor**, or early morning meal consumed before embarking on the fast, which can be anywhere from 10 to 16 hours long, usually consists of a fairly large meal consisting of the specialities of any particular region.

Note – One isn't restricted to eating *only* at these two occasions (Iftar & Suhoor).

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Sound familiar? Indeed, from a dietary perspective, take out the water restrictions and this may appear to be an Intermittent Fasting (IF) protocol. In fact, almost every culture has some form of traditional fast that it celebrates.

Current Research Neglects Many Key Variables for IsF Athletes – The Need for Applied Advice

With intermittent fasting becoming of greater interest in the sports and fitness community, more research has been dedicated to this topic. Yet most studies, as it relates to the IsF, fail to take into account important variables that greatly influences an athlete’s/exercise enthusiast’s ability to maximize their physical performance:

- a) *Geography*: sunset times differ greatly between those countries closer to the equator and countries further apart.
- b) *Support*: those residing in countries the collectively observe the Ramadan fast can have a better network of family and friends who support each other during the day.
- c) *Lifestyle*: those who live in areas where Ramadan is not observed will have to go on with their usual lifestyle of studying, working etc. with the standard stressors not being relieved or elevated by food or drink.
- d) *Sport*: although many studies looked at specific sports like soccer/football, rugby and taekwondo, I do believe that looking at the types of physical performance required within a sport is more practical than observing the effects of fasting on singular disciplines.
- e) *The athlete him/herself*: most professional athletes do have at least one trainer who, hopefully, can advise on the type and timing of nutrition. Having said that, research done in this area can be confusing since the definition of “an athlete” can be quite flexible.
- f) *Timing*: We need food to make our muscles function. There is the question of how to time our meals so that the ATP/Glycolysis synthesis (fancy word for what makes our muscles work) can function on an optimal level.

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Now that you're aware of some of the issues in the current literature, it's time we get to applied advice that you can incorporate into your active lifestyle. I have chosen to divide the sections into Strength, Hypertrophy and Endurance needs. However, regardless of your discipline, I do recommend that you go through all sections. As in life, some athletes might venture into other disciplines for a multitude of reasons and you might need to adjust your diet accordingly.

I will also bring in my own personal experiences as a trainer (10+ years) as well as a Muslim who fasted during my courses and the challenges I faced running from one gym to the next to teach.

Before going into the specifics here are some ground rules:

Know Thyself

If you already know how to adjust your nutrient intake, ignore this section and read on. If not, here are a few pointers on how to calculate it:

- In order to determine your energy intake / calories you require, please list the following factors
 - o Height
 - o Weight
 - o Age
 - o Aim, which is in this case strength training but applies to other disciplines as well
 - o How often do you train?

- **Energy Needs:** Calculate the amount of basic energy you need for the day, also known Basal Metabolic Rate (BMR)¹. Note that this does not take your activity into consideration yet is a fair assessment of what you need on a daily basis

¹ Harris Benedict Equation

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- Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age})$
- Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age})$
- If you know your % Body Fat you can use the Cunningham Equation, $370 + (21.6 \times \text{Lean Body Mass (kg)})$
- Then multiply your calorie needs (BMR) by an activity factor. You can use the table included here within

Activity	Factor
Sedentary (little or no exercise)	x1.2
Lightly active (light exercise/sports 1-3 days/week)	x1.3
Moderately active (moderate exercise/sports 3-5 days/week)	x1.5
Very active (hard exercise/sports 6-7 days a week)	x1.7

An alternative approach to these estimations is to simply track your own kcal during a weight stable phase.

- You will need your weight (be really honest here!) in order to determine the amount of protein you'll need for your training and it goes something like this, which is strictly an example
 - **Protein Needs:** At 2g/kg a strength athlete weighing 95kg (~ 210 lbs) will need to consume 190g of protein a day. Please note - and I'm being really serious – that this is a pretty high protein recommendation and one that I would not exceed, generally speaking.

Admittedly, the issue of the amount of protein that should be consumed is a controversial one. Still, there is little scientific evidence that suggests that “more is more” when it comes to protein and the effects it can have on increasing performance. There is an entire historical, even political, background to this issue that we may discuss in the future. Sorry if I disappointed you!

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Why should an athlete care about protein?

Protein serves as building blocks for muscle growth and repair & high quality sources of protein usually have solid micronutrient profiles. Some of the benefits worth highlighting:

- Hormone Production
 - o Hormones are important for you, especially if you are competing in a speed-strength discipline. Tying a bit into my next point, amino acids/hormones can influence

hormone production/activity.

- Provider of Aminoacids
 - o They help in both preventing muscle breakdown (leucine) and reversing it.
 - o Can have neuroprotective properties (Acetyl-L-carnitine)
- Minerals
 - o If you are a meat/egg eater, assuming you're eating more than just chicken breast 24-7, then strictly scientifically speaking you have an excellent source of zinc for your immune system, magnesium for your muscle and nerve function and iron for your blood which is especially necessary among female athletes due to the menstruation cycle.
- Vitamins
 - o Again, meat provides an excellent source for B vitamins necessary for a plethora of processes in your body ranging from converting your food to energy to forming red blood cells

Of course the amounts of the aforementioned substances differ among the protein as well as meat sources.

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What about fat?

For far too long, fat, or rather the generalised perception of this nutrient has been vilified. Several publications and researchers use the positive and accessible phrase “Smart Fat” which is simply to distinguish between the fats that can hurt an athlete in their performance and those that do not.

Of course the key word here is moderation. Just because butter, olive and fish oil are more acceptable, does not give you the permission to guzzle them down.

Fat is a prime source of energy that we as a species depended on throughout our history. Avoiding it altogether is not only simplistic, but can be potentially dangerous to your health.

The most puzzling question that has occurred in recent years is the amount an athlete needs for his/her optimal performance. The established rate in most industrial countries is, in my opinion, rather high and is highly localised.

Also, do not forget that some sources of protein (Salmon, Beef etc.) already contain fat that you will consume with your meals. Therefore, I would rather ignore Recommended Daily Allowance (RDA) for this piece and focus on what both my own personal experience and some scientific research seem to agree upon:

Theoretically: a daily dietary fat intake should NOT drop below the 15-18% mark for men and 20% for women.

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Best sources for fat²

Less than 5% Fat	5%-20% Fat	Over 20% ³
Cod	Shrimp	Olive oil
Sole	Tuna	Nuts ⁴
Halibut	Chicken Breast	Pumpkin seed
Flounder	Sardines	
Crab	Salmon	
Scallops	Lamb	
Turkey Breast	Eggs	

Carbohydrates

In the last ten years, nothing can stir more passion than the mere mentioning of carbohydrates... That and the accidental Hasselhoff sighting wearing Lederhosen!

Very briefly, yes you must eat carbs if you are fasting for a prolonged period and want to maintain your performance level. Sorry, there is no way around it.

It is the combination, quality and timing of said carbohydrates that need your attention. Running down to the next fast food joint or devouring loafs of bread will give you an energy spike short term, but I assure you, the long term effect is less than desirable even if you are an ace athlete⁵.

² Original sources can be found in the following literature: Dr. Michael Colgan – Optimum Sports Nutrition; D. Enette Larson-Meyer – Vegetarian Sports Nutrition; Susan Kleiner – Power Eating; Michael Hamm et al. – 9.79 natürlich möglich?!

³ Consume in moderation

⁴ Many athletes consume nuts as a snack. It is recommended that you check both the calorie and nutrients of the specific nut before indulging in order to see if this fits in your eating programme.

⁵ There are exceptions in the athletic world, they are called „genetically exceptional“ and are a minority.

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Why should an athlete consume carbs?

Although all nutrients are used to varying degrees as a fuel, carbs is “*the only fuel that can sustain the moderate- to high-level effort that is required in most sports.*”⁶

In the case of the fasting athlete, however, the quality of carbs consumed takes on an added importance for a simple reason; carbs are the preferred fuel for the human body and one that is quickly utilised in order to produce energy.

Therefore, if you consume simple starches, you will make your body happy but you will be playing an unwelcome game with your hormones that can make feel quite hungry during the fasting hours or at least lacking the concentration and (neurological) fortitude to complete your task. The solution? *Slow Carbs*⁷ for the final meal pre-fast (Suhoor) and keeping heavier more concentrated carbs (potatoes, etc) for the other meals when breaking the fast if training in the evening. If training in the morning, heavier carbs may be useful in the Iftar meal).

Best sources for Slow Carbs
Spinach/ Dark Green Lettuce / Kale / Collard Greens
Broccoli
Lentils
Cauliflower
Horseradish
Brussels Sprout
Cabbage
Sprouts
Sauerkraut & Kimchee (Great for Probiotics)
Asparagus
Peas
Green beans
Onions
Peppers
Mushrooms
Zucchini

⁶ D. Enette Larson-Meyer – Vegetarian Sports Nutrition;

⁷ The term was popularised recently in the United States, however, this is not a Slow Carb *Diet*. I am using the term to list the foods that fit within a Ramadan Fast when the athlete will have a meal before dawn.

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As far as grains go, I will talk about that in the endurance section since this is one discipline that, in my opinion, requires more carbs.

So with that being said, how shall you time and measure out your meals if you are a...

A Strength Athlete

⁸Olympic Lifting, Kettlebell Lifting⁹, Powerlifting



As I mentioned before, the challenge of training during the Holy Month lies not in training in a fasted state, which is seen by some researchers in a more positive light (depending on your aims, of course) but on the length of the fast and, at times, the short period where one is allowed to eat.

If you are fasting and have to train during a fasted state, it is recommended that your meals are of the variety that provide high satiety AND energy for your sport. In other words, fill you up and keep you going!

Briefly put, this means a nutrient dense high-protein/high-fat diet that will help you build the strength (muscle), provide the necessary minerals for pushing through (nerves) and keep

you feeling stuffed. It's this latter aspect (i.e. – “feeling stuffed”) where the fat comes into play. Plus which will also provide the energy you need.

If you train early in the day, this means your Iftar meal should consist of high-protein/high-fat food that will be slowly digested within the next 24 hours and a Suhoor

⁸ These are a few examples of pure strength sports

⁹ Kettlebell Sports (Russian: Girevoy) have multiple disciplines that are of both the strength and strength/endurance variety.

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meal that that is high-protein/high-carb assuming that you will be training with the same intensity.

Practically speaking, your meal on high intensity day might look like this:

Strength Athlete (Trains Early)				
Iftar Meal	Calories	Carbs	Protein	Fat
300g Salmon Filet	438	0	65	18
200g Spinach	46	7.26	5.72	0.80
3 TS Olive Oil	360	0	0	40.5
60g Almonds	360	12	12	30
30g Dark Chocolate	156	9,60	3	14,40
Total	1360 kcal	28.9g	85.7g	103.7g

In the time between both meals, you should focus on hydration as this is one crucial element that marks a difference between IsF and IF. Still, your drinking habits should not shift into an unhealthy area of sugar laden beverages... especially if you weren't training at high volume/intensity!!! Despite this being a long fast, you are already consuming a large amount of calories, therefore focus on water, diluted juices or traditional drinking yoghurt are ok. With the exception of water, do not go overboard.

Strength Athlete (Trains Early)				
Suhoor Meal	Calories	Carbs	Protein	Fat
250g Sirloin Steak	502	0	50.75	31.78
200g Wildreis (cooked)	202	43	8	0.70
300g Zucchini (steamed)	50	10	3.60	0.54
1 Large Sweet Potato (Baked)	162	37.28	3.62	0,27
Total	916 kcal	118g	65,97g	33,29g

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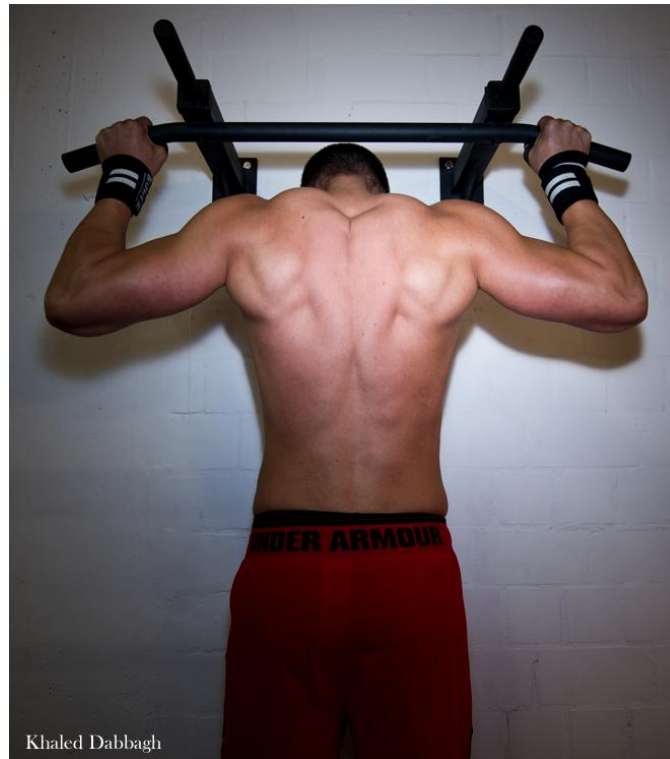
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These are strictly examples of what can be done with the information one derives from books, scientific research and reputable online sources. You are of course free to adapt the meals to your needs, sport and schedule.

No one expects you, if you are a college student, to whip out a pot and start cooking rice in the middle of a lecture!

Hypertrophy

Bodybuilding, aesthetic Sports



Although both strength and hypertrophy training might seem similar for the naked eye, the aims are different as well as the methodology behind achieving these aims.

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For an athlete wanting to increase the volume of their muscles, there has to be an increase in both the protein and carbohydrate supply (glycogenesis) since muscles are 75% water and glycogen will retain water in the tissue.

In this instance eating carbs is not only “ok”, it is recommended.

However, the issue of timing is quite important here and that is the timing in harmony with your training. In this instance, carb cycling along with fasting might be a good solution so that you maintain, or even increase¹⁰, your gains. If you read until here, you’ll get a non-paleo brownie!

Your nutrition programme can resemble the following if you train in the evening:

Hypertrophy Athlete (Trains Late)				
Iftar Meal	Calories	Carbs	Protein	Fat
200g Turkey Breast (Grilled)	208	8.5	35	3.32
Lentil Soup made with Sweet Potato ¹¹ and Broccoli	548	95.65	30.12	9
100g Joghurt (1,5%)	64	5	5.2	1,5
Total	820 kcal	109.15g	70.32g	13.82g

As mentioned earlier, fluids here are essential and you should focus on drinking as much as possible between the two main meals of Ramadan.

¹⁰ Hartman ML, et al. Augmented growth hormone (GH) secretory burst frequency and amplitude mediate enhanced CH secretion during a two-day fast in normal men. Journal of Clinical Endocrinology and Metabolism 1992; 74(4):757-765

¹¹ A typical lentil soup in the Arab World can include vegetables like carrots and normal potatoes which in this case are not recommended.

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The Suhoor meal does reflect the fast breaking meal in its composition in that it is low in fat but has a relatively high protein and carbohydrate component.

Hypertrophy Athlete (Trains Late)				
Suhoor Meal	Calories	Carbs	Protein	Fat
200g Chicken Sausage	218	2	41	4
2 Sweet Potato, doced and roasted with 2 TL olive oil	399.69	74.56	7.24	9.27
400g Spinach	92	14,52	11,44	1,56
250g Curd Cheese (lean)	175	10	30	1,3
300g Melon	108	25,20	2,7	0,9
Total	992.69 kcal	126.28g	92.38g	17.03g

Endurance

Swimming, Football (Soccer), Running

This is slightly trickier than the previous two disciplines; while it certainly depends on the sport itself, the essential energy source for this type of sport is carbohydrates. The problem lies with the fact that carbs are a prime energy source, very quickly utilised by the body to produce the needed glycogen.

This essentially means that once you have depleted your glycogens stores, you will require more within a relatively short period of time in order to:

- a) Maintain performance
- b) Maintain your own physiological needs

Having said that, there is the alternative view that pursuing an actual low-carb diet (LC) might help in overcoming this obstacle by utilising both the fats and another source of energy, ketones. For more information on the practicality of such approach, please read Sean Casey's [interview](#) with Zack Bitter.

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In my opinion, a Low Carb diet might not be appropriate for two reasons:

1. **Adaptability:** The body does generally require nearly a week, if not longer, to adapt to the new energy source. In the meantime you can experience headaches, slight dizziness and slight fatigue during this period. Not a good premise if you are fasting and if you haven't already started the adaptation before Ramadan.
2. **Specificity:** In my own experience a LC is appropriate if the athlete is competing or training in disciplines that go beyond the Olympic distance, for example Ultramarathons, Ultra-Triathlons etc.

The reason is again, time; depleting your glycogen stores within that prolonged period of activity, in some cases several hours, is a signal that you need better, longer lasting energy sources, in this case fat and ketones.

That is the reason behind my own belief that a balanced, high carb diet, might be a better alternative for an endurance athlete during the Holy Month. Of course, I reserve the right to change my mind if I find that experience, evidence and the issue of physiological and personal uniqueness steer me in a different direction.

Nothing is final nor universal.

What should/can you eat if you are an endurance athlete fasting during Ramadan?

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Endurance Athlete				
Iftaar Meal	Calories	Carbs	Protein	Fat
300g 100% Whole-Wheat/Grain noodles ¹²	360	70,5	16	4
Turkey Bolognese	213	15	15	11,5
100g Mozzarella (skim milk)	254	2,77	24,30	16
400g Zucchini (steamed)	64	13,4	5	0,72
400g Watermelon	120	30,20	2,44	0,60
Total	1011 kcal	131,87	62,74	32,82

Hydration, which is essential in any case, is especially important for an endurance athlete particularly who have to train and compete during the summer months.

Sean Casey, (the mastermind behind this newsletter) suggested including casein protein in the Suhoor meal in order to maintain satiety over a prolonged period of time and I agree!



¹² Be careful, just because a product says whole grain/wheat does NOT mean it is 100% whole grain/wheat. It can be only 50% or less of actual whole grains. Make sure you're getting the 100% whole grain version. If unsure, just go with "organic" simply due to the stricter guidelines usually, though not always, guarding organic produce. In other words, if it is organic whole wheat, then it usually (again, not always and depends on the country) is.

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Endurance Athlete				
Suhoor Meal	Calories	Carbs	Protein	Fat
500ml Yoghourt “Soup” ¹³	541	63,50	23,31	25
200g Chicken Breast (skinless/grilled)	390	0	60	15,44
Cottage Cheese (2% milkfat)	135	5,44	20,61	2,90
2 Bananas	242	62	3	0,90
Total	1308 kcal	130,94	106,92	44,24

Final Thoughts

Giving out general nutrition advice is probably the most difficult and abused aspect of the fitness “industry”. There are as many variables, as many stories, as there are people on this earth. We each have a unique need and are governed by circumstances that are not always under our control.

These are the challenges put forward by life that we, more often than not, must overcome in order to reach our goal. Our job, as athletes, trainers and health professionals is relatively simple and that is clarity.

What do you want?

What are your priorities?

And that is where we come in to help. After reading this please cast an authentically sceptical eye on whether this is what you need and if it will help you achieve your aims. If you wish to have a specific nutrition programme designed for you, please feel free to contact [Sean Casey](#) or if you are in Europe, [myself](#) and we will get you there.

¹³ A speciality from my homeland made with yoghurt, cauliflower, onions, garlic, starch and butter, although Palestinians sometimes use olive oil instead.

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Confession...

Some of the pictures included here were taken by me in my favourite hangout in Hamburg, Salam City and I shamelessly promote these guys because they will create whatever dish you desire.



The Arabic Words above are small snippet of the much longer poem...

When love beckons to you follow it, Though its ways are hard and steep. And when its wings enfold you yield to it, Though the sword hidden among its pinions may wound you. And when it speaks to you believe in it, Though its voice may shatter your dreams as the north wind lays waste the garden

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IV. Meets/Events

I have been notified of a couple upcoming events that those in the CP community may enjoy participating in...

Strength Sport Events

2014 FATAL STRENGTH PRE-NATIONALS STRONGMAN SHOWDOWN

What: A one day strongman competition

Where: Cheyenne Civic Center Municipal Parking Lot, Cheyenne, WY

When: August 9th 2014

For more information [CLICK HERE](#)

2014 Impact Elite USSF Double Header and Fight Circus.

What: A one day weightlifting and powerlifting competition

Where: Kansas City, MO

When: Sept 6th, 2014

For more information [CLICK HERE](#)

2nd Annual Strength Guild Games

What: The basic premise of the games is very simple. It will be a two day team competition, 5 events per day chosen randomly each year by rolling dice. The events are compiled from all of the pure strength sports (Powerlifting, Weight lifting, Highland games, strongman and track and field short events). The events will be contested under the rules of the existing sports. The team with the most points at the end of the competition wins!

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Where: Topeka, Kansas, USA

When: Oct 4-5th, 2014

Prize money: A cash prize as well as other prizes will be given out

For more information [CLICK HERE](#)

2014 UPA Power Weekend

What: A two day powerlifting and Ironman meet

Where: Dubuque, Iowa, USA

When: Nov 15-16th, 2014

For more information [CLICK HERE](#)

Endurance Sport Events

There has been no specific event that has been brought to my attention. However, for a general listing of running events going on in your area, [CLICK HERE!](#)

*** Please know that CasePerformance does **NOT** receive any financial or other incentives if you choose to participate in any of the above events.

That wraps up Part I of this CasePerformance newsletter. Hope you enjoyed it. Stay tuned for Part II of the Newsletter where we share news of note at the CasePerformance Website before touching on the CP Performance Discussion, *Intermittent Fasting – Hype, Hope or Something In-between?*

Until then... Train smart, train hard and leave the excuses to someone else!

Respectfully,

[The CasePerformance Team](#)