

# TABLE OF CONTENTS

	<u>Page</u>
<b>My Qualifications</b> .....	5
<b>The Goals Of This Program</b> .....	6
<b>Chapter 1: Sports Nutrition for Female Athletes</b> .....	7
• Estimating daily caloric expenditure	
• Carbohydrates	
• Proteins	
• Metabolic pathways- aerobic vs. anaerobic	
• Healthy vs. unhealthy fats	
• Premenstrual Syndrome	
• Preventing Osteoporosis	
• Hydration – water and sports fluids	
• Detailed Nutritional Content on Sports bars, shakes, and gels	
• Use of Supplements to enhance performance - creatine, vitamin C, & ergogenic aids	
• Pre and Post competition eating guidelines	
• Healthy food exchanges - making healthy food choices	
• Exercise Recovery Nutrition - boost immunity, speed healing, decrease D.O.M.S.	
• Guidelines for Vegetarian Athletes	
• How to periodize your nutrition for different training phases and goals	
• Weight Loss and Weight Gain Guidelines	
• Off Season Nutrition For Athletes	
<b>Chapter 2: Stretching Protocol</b> .....	71
• Increase flexibility and decrease injuries	
<b>Chapter 3: Building Core Strength</b> .....	73
• Machine, swiss ball, and medicine ball routines	
<b>Chapter 4: Cardio-Respiratory Fitness</b> .....	77
• Benefits of aerobic training	
• How to determine your training heart rate	
• Advanced aerobic training – HIIT, how to burn more fat	
• How to measure your aerobic progress	
<b>Chapter 5: Strength Training</b> .....	84
• Machine and free weight routines	
<b>Chapter 6: The Thigh, Glute, and Calf Workout</b> .....	89
<b>Chapter 7: Rest and Relaxation Techniques</b> .....	93
• Breathing exercises, Chiropractic adjustments, Massage, Tai Chi, Yoga, etc.	
<b>Chapter 8: Tips for the Traveling Athlete</b> .....	101
<b>References and Latest Supporting Research</b> .....	105
<b>Nutritional Glossary A-Z</b> .....	110