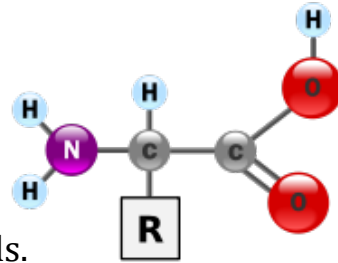


The Endurance Athlete's Guide to Protein

By Taylor Thomas, Owner/Coach of [Thomas Endurance Coaching](#)

Why Should You Consume Protein?

- Critical for repairing lean muscle.
- Helps carry O₂ to working muscles.
- Maintains fluid volume in the body.
- Made up of vital branch chain amino acids.



How Much Protein Do You Need?

- 12%-15% of daily caloric intake should be protein when training load is light.
- When training volume, intensity or both increase protein intake may need to be as high as 15%-20% of total calories.
- Calculate grams of protein per pound of body weight needed for specific training loads.
 - Moderate Training - .45 grams per pound
 - Heavy Training - .5-.75 grams per pound
 - Very Heavy Training - .8-.9 grams per pound



When to Take in Protein

- 1 hour before high intensity sessions or strength workouts.
- 30 minutes post exercise for optimal results.
- After 90-120 minutes of endurance activity.

What Types are Best?

- Look for proteins that have a high Biological Value (BV).
- Essential proteins need to be supplemented in the diet.
- Soy proteins work during exercise.
- Whey protein is best for post activity recovery.

Read the full article [here](#), and learn more about how to integrate protein into your nutrition strategy.