

**ETG Training Packet**

**Mission:** Proliferate the application of sport sciences based training programs

# The ETG

# Nutrients

# ETG Sport Nutrition

## **Training Day Protein Intake**

Establish a range by;

1.2 – 1.5 grams x goal body weight in kg's (1 kg = 2.2 lbs)

[example.....125 lbs x [56.8kg x 1.2 = 68 grams.....56.8kg x 1.5 = 85 grams]

Protein Intake range ~ 70 – 85 grams

Protein intakes on Rest Days & Break Periods = 20 - 30 grams less than training day

## **Training Day Carbohydrate Intake**

Establish a range by;

approx. grams of carbo need for basal & resting metabolic rate = 2.5g x goal body weight in kg's (1 kg = 2.2 lbs)

+ (Plus) 100 – 150 grams of carbo for repletion from training

Add these numbers of grams together to get total intake for the day = \_\_\_\_\_ grams

[example..2.5 x [125lbs] 56.8 kg = 150g + 100g repletion = 250 grams.....2.5 x [125lbs] 56.8 kg = 150g + 150g repletion = 300 grams

Carbo Intake range = 250 – 300 grams

Carbohydrate intake on Rest Days & Break Periods = 50 - 75 grams less than training day

# Boosting Training Adaptations

## **On Training Days**

--- Autogenics

10 minutes....within 90 minutes post-workout

[see protocols in ETG Training Packet.... "Increasing Train-Ability"]

--- Eyes-Closed Bed Rest Downtime

30 – 60 minutes....within 7 – 9 hours post-awakening

## **On Rest Days**

--- Autogenics + Eyes-Closed Bed Rest Downtime

20 – 60 minutes....within 7 – 9 hours post-awakening

[see protocols in ETG Training Packet.... "Increasing Train-Ability"]

[not on all rest days, just one every few days]

--- Hot Jacuzzi, lite massage [no deep stuff, no pain, no thumbs or elbows]

[see protocols in ETG Training Packet.... "Increasing Train-Ability"]

# Standardized Training Day food intake

[Example] Food intake menu for Marshall Burt

--- Menu For All Training Days

--- Meal order begins **after the workout regardless of workout time of day** [morning, afternoon, or evening workout]

--- supplements = no tablet form.....preferably use only vitamins and minerals contained in vegetable capsules

--- For Power Day & Strength Day workouts = cut in half meals 2 & 3 but consume all the supplements

## ETG Training Days

<p><b>Post Workout = Protein + Micro-Nutrients</b></p> <p>begin within 5 minutes post workout --- a combo protein-carbo drink w/vitamins &amp; minerals</p> <p>protein— 15 - 20grams.....carbo~ 30 - 40 grams [numbers rounded down]</p>	<p><b>Training Day Totals.....</b></p> <p>Protein = <b>90 grams</b>.....Carbos = <b>180 grams</b> [numbers rounded down] This is a minimum food intake menu, -not- reflecting everything eaten on training days</p>
<p><b>Meal 1 ----- Micro-Nutrients</b></p> <p>organic Broccoli florets [4] organic Cucumber [1/2 - 1 inch slice, chopped] organic Carrot [1 - 2 inches] organic Tomato [1/3]</p>	<p><b>Plus Supplements =</b></p> <p>Mac Nut Oil.....1/2 oz. on vegetables [Macadamia Oils of Australia] Phosphatidylserine....2 capsules [500mg, Source Naturals] Fish Oil.....2 capsules [Ultimate Omega by Nordic Naturals] Vitamin K2.....2 capsules [Jarrow Formulas MK-7]</p> <p>Aloe Juice.....[1/4 cup] [Lily Of The Desert (Inner Fillet)] Fruit Of The Spirit..... [1/8 cup] [vegetable concentrate]</p>
<p><b>Meal 2 ----- Protein + Micro-Nutrients</b></p> <p>Pizza [organic, supreme, very thin crust]</p> <p>protein— 45 grams.....carbo~ 90 grams</p>	<p><b>Plus Supplements =</b></p> <p>Vitamin D3.....2 capsules [Jarrow Formulas Vitamin D3, 5000IU each] Vitamin C.....1 capsule [C Complex, Quantum Nutrition Labs] Ribose.....2 teaspoons in 1/4 cup water [Jarrow Formulas Muscle Edge] Colostrum.....2 teaspoon in 1/4 cup water [PerCoBa <u>liquid</u> Colostrum] Willard Water.....[Willard Water Ultimate...."dark"]</p>
<p><b>Meal 3 ----- Protein + Micro-Nutrients</b></p> <p>Pizza [organic, supreme, very thin crust]</p> <p>protein— 45 grams.....carbo~ 90 grams</p>	<p><b>Plus Supplements =</b></p> <p>Vitamin D3.....2 capsules [Jarrow Formulas Vitamin D3, 5000IU each] Vitamin C.....1 capsule [C Complex, Quantum Nutrition Labs] Ribose.....2 teaspoons in 1/4 cup water [Jarrow Formulas Muscle Edge] Colostrum.....2 teaspoon in 1/4 cup water [PerCoBa <u>liquid</u> Colostrum] Willard Water.....[Willard Water Ultimate...."dark"]</p>

## ETG Rest Days

supplements = no tablet form.....preferably use only vitamins and minerals contained in vegetable capsules

<p><b>Probiotics</b></p> <p>[take either 1 hour before or 2 hours after any meal]</p>	<p>Probiotics....2 capsules [Dr. Ohhira's Probiotics 12 Plus]</p>
<p><b>Meal 1 -----</b></p> <p>V8 Fusion juice [8oz.] Fig Newman's [3] <b>modified fasting on these days</b></p>	<p><b>Plus Supplements =</b></p> <p>Kyolic.....1 capsule [Aged Garlic Liquid] DHLA.....1/4 teaspoon w/ 1/4 cup water [Quantum Nutrition Labs]</p>
<p><b>Meal 2 -----</b></p> <p>organic Banana organic Raisins [1/8 cup] Almonds [1/8 cup]</p>	<p><b>Plus Supplements =</b></p> <p>Resveratrol.....[Longevinex]</p>
<p><b>Meal 3 -----</b></p> <p>organic Broccoli florets.....organic Cucumber organic Carrot.....organic Tomato <b>modified fasting on these days</b></p>	<p><b>Plus Supplements =</b></p> <p>Iodine.....1 drop in 1/4 cup water [Lugol's Iodine]</p>

## Break Period

<p>[Day 1] no set menu, eat whatever <b>modified fasting on these days</b></p> <p>Supplement = Zeolite [Natural Cellular Defense] [1 drop, 24mg, with water or juice]</p>	<p>[Day 2] no set menu, eat whatever <b>modified fasting on these days</b></p> <p>Supplement = Zeolite [Natural Cellular Defense] [1 drop, 24mg, with water or juice]</p>	<p>[Day 3] no set menu, eat whatever <b>modified fasting on these days</b></p> <p>Supplement = Zeolite [Natural Cellular Defense] [1 drop, 24mg, with water or juice]</p>
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# ETG Supplement List

1	Liquid protein & multi-vitamin Mix One \$8	--- comes in 4 per case --- will use 1 per training day x 12 training days = 12 per month For aiding training adaptations by supplying nucleotides and arginine [the gene level nutrients] and minerals, vitamins, and protein critical to building parts of cells and building new cells [ie. the process of gene transcription and/or translation]. And for maintaining high level immune system function and proliferation ability.	3 months = 9 cases = \$75 one year = 36 cases = \$290 mix1life.com Mix One
2	Colostrum \$30	--- comes in 120 ml per bottle --- will use 20 ml per training day x 12 training days = 240 ml per month For aiding training adaptations by supplying immuno-globulins and nucleotides, stimulating high level immune system function and proliferation ability.	3 months = 6 bottles = \$180 one year = 12 bottles = \$360 http://percoba.com/quality.html PerCoBa Ultra Colostrum [liquid]
3	Ribose \$25	--- comes in 45 teaspoons per bottle --- will use 4 per training day x 12 training days = 48 per month For aiding training adaptations by supplying nucleotides [gene level nutrients] needed in building parts of cells and building new cells [ie. the process of gene transcription and/or translation].	3 months = 3 bottles = \$75 one year = 12 bottles = \$300 Amazon.com Jarrow Formulas Ribose Muscle Edge 200g powder
4	Vitamin D3 \$15	--- comes in 100 per bottle --- will use 4 per training day x 12 training days = 48 per month For maintaining high level cellular function in the brain, nervous system, and immune system via Vitamin D's role as a major hormone in the body that impacts the function of many cells and organ systems.	3 months = 2 bottle = \$30 one year = 8 bottles = \$120 Amazon.com Jarrow Formulas 5000 IU
5	Vitamin C \$20	--- comes in 60 per bottle --- will use 1 per training day x 12 training days = 12 per month --- will use 1 per Rest day x 10 Rest days = 10 per month --- Total = 22 per month As non-synthetic. For supplying anti-oxidants to maintain high level cellular function.	3 months = 1 bottle = \$20 one year = 5 bottles = \$100 [may be a few short in some] http://www.qncstore.com Quantum Nutrition Labs C Complex
6	Willard water \$25	--- comes in 250 ml per bottle --- will use 6 ml per training day x 12 training days = 72 ml per month For aiding training adaptations by supplying micronutrients, minerals.	3 months = 1 bottle = \$20 one year = 4 bottles = \$80 willardwater.com Willard Water Ultimate ["dark"]

7	specific group of Organic Vegetables	Eat these together as a meal..... organic Cucumber organic Broccoli florets organic Carrot organic Tomato	
8	Mac Nut Oil \$15	Place on organic vegetables For supplying essential fatty acids and anti-oxidants critical for regenerative processes and training adaptations in the brain, nervous system, and immune system.	macoils.com Macadamia Oils of Australia
9	Phosphatidylserine \$30	--- comes in 60 per bottle --- will use 2 per Training day x 12 Training days = 24 per month For supplying essential fatty acids critical for regenerative processes and training adaptations in the brain and nervous system, contributes to nerve growth factor production, dopamine production, melatonin production, reduces effects of cortisol [stress hormone] that may come with heavy training loads and day to day psychological stress.	3 months = 1 bottle = \$30 one year = 5 bottles = \$150 [may be a few short in some] Amazon.com Source Naturals 500mg
10	Fish Oil \$65	--- comes in 180 per bottle --- will use 2 per Training day x 12 Training days = 24 per month For supplying essential fatty acids critical for regenerative processes and training adaptations in the brain, nervous system, and immune system.	3 months = X = \$X one year = 2 bottles = \$130 Amazon.com Ultimate Omega [Nordic Naturals]
11	Vitamin K2 \$20	--- comes in 60 per bottle --- will use 2 per Training day x 12 Training days = 24 per month For removing calcified cholesterol plaques from blood vessel walls and addressing some of the other mechanisms of heart disease.	3 months = 1 bottle = \$20 one year = 5 bottles = \$100 [may be a few short in some] amazon.com MK-7 [Jarrow Formulas]
12	Aloe Juice \$10	--- comes in 32 oz per bottle --- will use 2 oz per training day x 12 training days = 24 oz per month For aiding training adaptations by supplying high quality polysaccharides to develop and maintain high level cellular function, immune system function, nutrient absorption in digestive tract, and providing anti-oxidants, all critical for cells to have a high level ability to build parts of cells and build new cells [ie. the process of gene transcription and/or translation].	3 months = 3 bottles = \$30 one year = 9 bottles = \$90 Whole Foods Market Lily Of The Desert [Inner Fillet]
13	Fruit Of The Spirit \$40	--- comes in 32oz per --- will use 1oz per training day x 12 training days = 12oz per month For concentrated phytochemicals [plant chemicals] and essential minerals as a supplement to vegetable consumption.	3 months ~ 1 bottle = \$40 one year ~ 5 bottles = \$200 [may be a few short in some] Fruitspirit.net

# ETG Supplement List

<b>14</b>	<b>Probiotic \$40</b>	<p>--- comes in 60 per box            --- will use 2 per Rest day x 10 Rest days = 20 per month</p> <p>For aiding training adaptations by boosting nutrient absorption in digestive tract, production of nutrients by beneficial bacteria in the intestines, and for reducing the burden on the immune system [a large part of which is in the intestines].</p>	<p><b>3 months = 1 box = \$40</b>  <b>one year = 4 boxes = \$160</b></p> <p>amazon.com            Dr. Ohirra's Probiotics 12 Plus [Essential Formulas]</p>
<b>15</b>	<b>Kyolic \$25</b>	<p>--- comes in 60 per bottle            --- will use 2 per Rest day x 10 Rest days = 20 per month</p> <p>For addressing some of the mechanisms of heart disease, lowering of cholesterol, blood-thinning.</p>	<p><b>3 months = 1 bottle = \$25</b>  <b>one year = 4 bottles = \$100</b></p> <p>[may be a few short in some]            amazon.com            Kyolic aged garlic extract, liquid</p>
<b>16</b>	<b>DHLA \$40</b>	<p>--- comes in 59ml per            --- will use 1.25ml per Rest day x 10 Rest days = 12.5ml per month</p> <p>For maintaining high level cellular function in the brain, nervous system, and immune system via supplying non synthetic source Lipoic Acid for antioxidant function, and removal of various metals and harmful substances from the body.</p>	<p><b>3 months = 1 bottle = \$40</b>  <b>one year = 3 bottles = \$120</b></p> <p>http://www.qncstore.com            Quantum Nutrition Labs            DHLA NanoPlex</p>
<b>17</b>	<b>Resveratrol \$40</b>	<p>--- comes in 30 per container            --- will use 1 per Rest day x 10 Rest days = 10 per month</p> <p>For maintaining high level cellular function in the brain, nervous system, and immune system via antioxidant function, activation of DNA repair enzymes, and removal of various metals and harmful substances from the body.</p>	<p><b>3 months = 1 bottle = \$40</b>  <b>one year = 4 bottles = \$160</b></p> <p>[may be a few short in some]            Longevinex.com/            Longevenix</p>
<b>18</b>	<b>Iodine \$30</b>	<p>--- comes in 30 ml per bottle            --- will use 0.1 ml per tr. day x 12 training days = 1.2 ml per month</p> <p>Each drop is about 6.25 mg of iodine.....1 drop ~ 0.05ml</p> <p>For maintaining thyroid hormone production ability and cellular iodine levels required in high level training adaptations in building parts of cells [ie. the process of gene transcription and/or translation].</p>	<p><b>3 months = X = \$X</b>  <b>one year = 1 bottle = \$30</b></p> <p>http://www.amazon.com            Lugol's Iodine [5% solution]</p>
<b>19</b>	<b>Zeolite \$60</b>	<p>--- comes in 2400mg per bottle            --- will use 24mg per Break Period Day x 6 BP days = 144mg per month</p> <p>For binding [chelation] and removing various metals from the body via the urine, thus aiding in maintaining long term high level cellular function.</p>	<p><b>3 months = X bottles = \$X</b>  <b>one year = 1 bottle = \$60</b></p> <p>Waiora.com            Natural Cellular Defense by            Wellness Inc</p>