



# ATHLETES INSIGHT

LEVEL UP  
YOUR LIFE

Issue 02 | 2017



9

MARATHON  
RUNNING  
TIPS



MOTIVATE  
YOURSELF  
TO RUN  
TODAY

WHY SINGLE  
LEG TRAINING

IS CRUCIAL

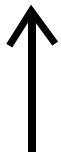
for TRUE  
ATHLETICISM

*Running  
events*

YOU SHOULDN'T  
MISS!

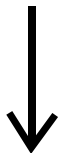


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# HOW TO USE THIS MAG



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Swipe horizontally to quickly navigate between pages  
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TRAINING

## TOP 9 MARATHON RUNNING TIPS

by RICH STEAD

Drive to our marathon training tips from our running community at Athletes Insight!

As the average for our readers is that they read about the top 9 tips in the magazine, we've compiled a list of the most important tips for you to read. These tips are based on the most common mistakes we see in our readers' running logs and the most common questions we receive from our readers. These tips are based on the most common mistakes we see in our readers' running logs and the most common questions we receive from our readers.

TRAINING

## WHY SINGLE LEG TRAINING IS CRUCIAL FOR TRUE ATHLETICISM

by RICH STEAD

It's the most common mistake we see in our readers' running logs and the most common questions we receive from our readers. This is because single leg training is crucial for true athleticism. It helps to build strength and stability in the legs, which is essential for running. Single leg training also helps to improve balance and coordination, which are important for preventing injuries. So, if you're looking to improve your running performance, single leg training is a must.

TRAINING

## MOTIVATE YOURSELF TO RUN TODAY

The 5 Things YOU Can Do To Motivate Yourself To Run Today

by RICH STEAD

What if you could get up every day and feel motivated to go for a run? It's not as hard as you think. There are five things you can do to motivate yourself to run today. 1. Find music that motivates you, and put it on NOW! 2. Share your training regimen with a friend. 3. Set a goal for yourself. 4. Get up early. 5. Run with a friend. These are simple things you can do to get motivated to run today.

TRAINING

## RUNNING EVENTS YOU MUST EXPERIENCE

by AMANDA CASANOVA

There are a handful of running events that every runner should experience at least once in their lifetime. These events are not just about the race, but about the experience. 1. The Boston Marathon. 2. The New York City Marathon. 3. The London Marathon. 4. The Sydney Marathon. 5. The Melbourne Marathon. These are just a few of the events you should experience. Each event offers a unique experience and a chance to challenge yourself.

NUTRITION

## 15 HEALTHY, HIGH-PROTEIN SNACKS

by AMANDA CASANOVA

When you're on the go, it's important to have healthy, high-protein snacks that are easy to eat and keep you full. Here are 15 healthy, high-protein snacks that you can make at home or buy at the store. 1. Greek yogurt with fruit. 2. Hard-boiled eggs. 3. Nuts and seeds. 4. Protein bars. 5. Trail mix. 6. Apples with peanut butter. 7. Bananas with nut butter. 8. Smoothies. 9. Protein smoothies. 10. Protein balls. 11. Protein muffins. 12. Protein cookies. 13. Protein crackers. 14. Protein chips. 15. Protein pasta. These snacks are not only healthy, but they also taste great.

ISSUE 02 | 2017

**TRAINING**

- 07** 9 Marathon Running Tips
- 11** Motivate Yourself To Run Today
- 13** Running Events You Must Experience
- 17** Why Single Leg Training Is Crucial For True Athleticism

**NUTRITION**

- 21** 15 Healthy, High-Protein Snacks

# ATHLETES INSIGHT MAGAZINE



21



CHECK OUT OUR HIGH-PROTEIN  
SUGGESTIONS FOR ON THE GO!



# LETTER FROM THE EDITOR



## Building The Company The People WANT TO SEE

**W**hen I think about Athletes Insight from inception to present day, all the best growth steps have come from following our hearts and putting ourselves out there by committing with the actions we take.

Indeed, the building of the Athletes Insight environment we see today has been far from easy, and has required a tremendous amount of discipline and sacrifice.

What is the reason it exists? What is it we are creating? The sole driver from day one has been a genuine passion to help and serve, however I, and now we, can.

**// Building a business with heart is perhaps the best decision I have ever made.**

But what about money, the lifeblood of any company? Since the beginning, I have never taken a salary from the business. There is something about the purity of such business practices like these that I believe keeps Athletes Insight going from strength to strength. Right now, all income is reinvested into making the Athletes Insight world even greater, minus causes we support.

I believe it is the genuine hope and sincerity that we express to the athletes and community we have the pleasure of sharing the journey with, that keeps us growing at this rate; and in turn, creates this wonderful network of individuals I am fortunate to connect with on an almost daily basis. In my experience, this is rare within businesses, yet something I am very passionate about.

It brings us back to our original "Why": To Help People.

As we continue to create free resources, groups, reviews, and content, solely to inspire, encourage, support and inform... This is building the company I want to see.

So please, if you enjoy this issue, do forward it on to someone else who you think will appreciate it. We strive to support and inform individuals of all levels, to build not only the company I want to see... But ultimately, the company the people want to see.

Live life on your terms.

Until next time

*Rich Stead*  
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Issue 02 | 2017

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# Running Sunglasses Perfected

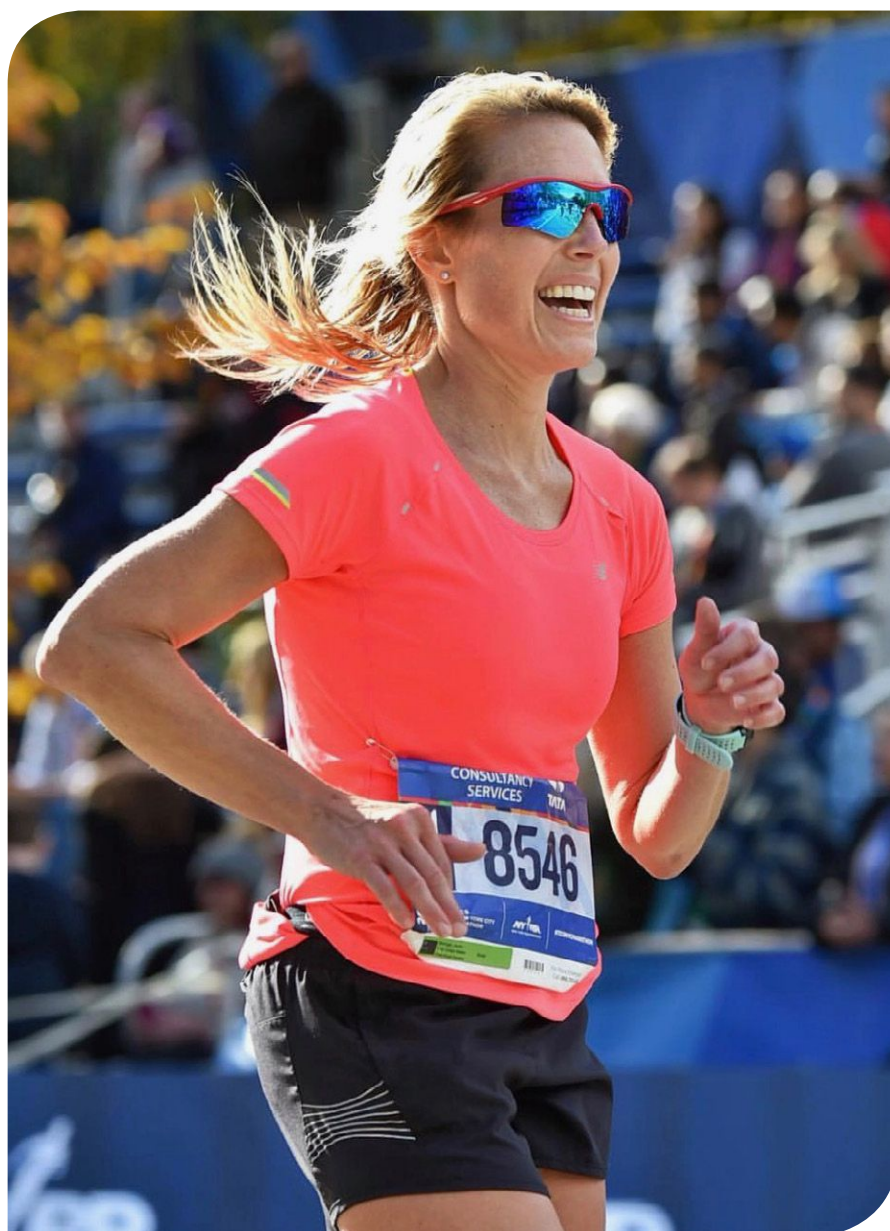
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# TOP 9 MARATHON RUNNING TIPS

by RICH STEAD



Dive in to our marathon running tips from our running community at Athletes Insight!

A rite of passage for any runner is their first marathon. Even the top marathon runners at Athletes Insight say that the first one is the one they always remember. Maybe it's the mythical lore surrounding the marathon – “hitting the wall” around mile 20, the fans lining up along the finish line in some of the world's most iconic cities, or the legendary mental and physical endurance required to make it all 26.2 miles. Sound like mumbo jumbo? Maybe you need some marathon running tips.

You don't have to go it alone. Based on insights from other runners at Athletes Insight, we've assembled some essential tips for running your first marathon.

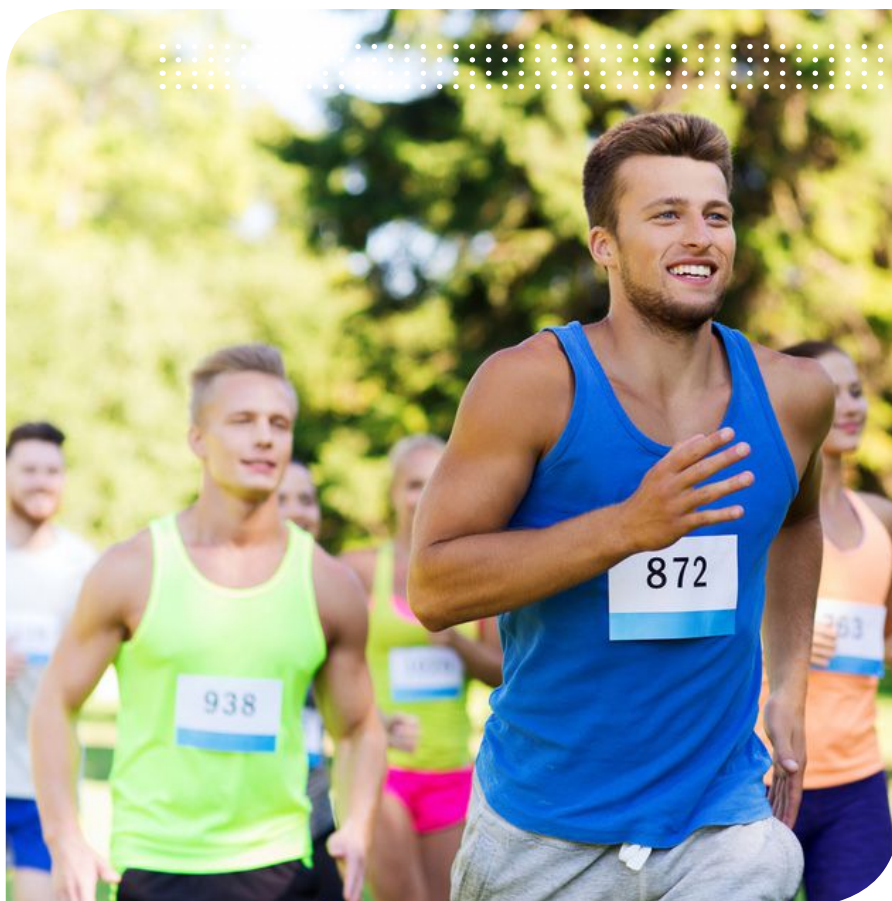
## 1 Review the marathon course ahead of time

Most, if not all, marathon races will make it possible to download or print out a course map ahead of time. This can be extraordinarily useful and one of our top marathon running tips – not because there’s actually a risk of getting lost during the race (especially not in a city like New York, where you’ll be surrounded by a cast of tens of thousands), but because it will help you to visualize the key landmarks along the way, understand where the first aid stations are along the course, and grasp the overall logic to the course layout.

With that information, you will be able to split the marathon mentally into smaller pieces – smaller segments or loops that are much more manageable than the full 26.2 miles. You’ll also be able to visualize the start and finish of the race. This is especially important for your mental frame of mind – to visualize the crowds of people cheering you on at the end, as you complete your first marathon.



**“LIFE BEGINS AT THE END OF YOUR COMFORT ZONE.”**



## 2 Find your source of inner inspiration before race time

At Athletes Insight, we use our Inspiration Wall as a way to highlight sayings that inspire us to go the extra mile (literally). One of our personal favorites now is “Life Begins at the End of Your Comfort Zone.” This is something that you’ll remember once you hit your wall during the marathon – you’ll be leaving your comfort zone. So focus on the inspirational part of discovering something new about yourself – not the pain, sweat and tears. Think of each inspirational saying as a mental secret trick to get you through the pain and inspire you to move forward.

Some runners use their family members as inspiration. As an example, a running mom might visualize their children

along key mileage markers of the course. Or, they might dedicate making it past a certain part of the marathon course to a member of their family – inspiring them to fight on to meet the final end goal.

## 3 Arrive at least one hour before the race

Your nerves will be jittery enough without having to worry about making it to the starting line in time. Get there one hour in advance and do all your pre-race preparations. Especially if you’re running a marathon in a city that’s not your hometown, this is important. Now is no time to figure out a city map! That way, you’ll have plenty of time to stretch, hydrate and prepare yourself mentally for the race.



## 4 Stick to your running routine before and during the race

There's always a temptation to try something new when running a big race. Don't. Wear the same shoes and the same clothing that you've been wearing during training. We've all heard the horror stories about runners who wore new shoes or clothing before the race and ended up dealing with nagging blisters and chafing midway through the race. Also, eat the same foods. If there's any reason to vary your race routine, it's to allow yourself some additional carbohydrates before the race.

### WEAR THE SAME SHOES

and the same clothing that you've been wearing during training

## 5 Set reasonable expectations ahead of time

This can be a particularly tough one. We'd all like to become elite marathon runners and implement all the marathon running tips in the world, but let's face it – many of us also have families, kids, and an array of external responsibilities. Sometimes getting in enough training time simply isn't possible to reach the goals you'd like to reach in a perfect world. You need to come to grips with that – otherwise you may start to run too fast during the race, and that could be disastrous later. Set goals that you know that you can achieve. In many cases, just finishing your first marathon is a huge achievement!

*The right pace is the pace that works for you. This is not necessarily the fastest pace, because we can't always control how our body feels on race day.*



## 6 Remember to pace yourself

This is especially important for your first marathon, where you may still be adjusting to the pace set by other runners. It's tempting to try to keep pace with the faster runners in the early stages of the race, but that's ultimately self-defeating. The right pace is the pace that works for you. This is not necessarily the fastest pace, because we can't always control how our body feels on race day. You'll need to conserve energy for later, during the more grueling stages of the marathon.

## 7 Regularly review your running form

If you've been training with a running club or running coach, you probably have your own checklist of items to run through before or during a race – keeping your head and shoulders in alignment, for example. Run through them constantly, because at some point, your form is going to break down as a result of fatigue. Going through this checklist can be a way to calm your mind, too, during the race. But you'll want to make it as simple as possible. When you're fighting through the pain, you don't want to be struggling to remember an item on your checklist.

*To visualize the crowds of people cheering you on at the end, as you complete your first marathon!*

## 8 Prepare your post-race recovery program in advance

Running a marathon is an exhausting process, and your body is going to need some recovery time to heal and recuperate. Before the race, start preparing a list of items that you'll need for the recovery process. Before you start training for your next race, you'll want to make sure that your body has fully recovered from its first marathon.



## 9 Finally... don't forget your sunglasses!

What would be a first marathon without the Athletes Insight sunglasses you've been wearing throughout your training season? Especially on a sunny day, wearing the proper eyewear is important, allowing you to focus on what you have to do, not worrying about

glare, shades slipping or bouncing around, and becoming a 26.2 mile distraction! This is especially true if you're used to running on natural or track surfaces rather than the urban pavement of many marathons, where the glare may be a problem. Shades are a go-to when long runs come around and as far as marathon running tips go, this is one newbies often forget, but it can make an incredible difference to your performance on the day.



### FREE BONUS GUIDE!

GET YOUR COMPLETE TRAINING TEMPLATE TO GUIDE YOU TO YOUR FIRST MARATHON!



[GET GUIDE](#)

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Running your first marathon is an exciting process. By following our top marathon running tips, you can help to ensure that not only will you finish the race, but also that you'll exceed your expectations!

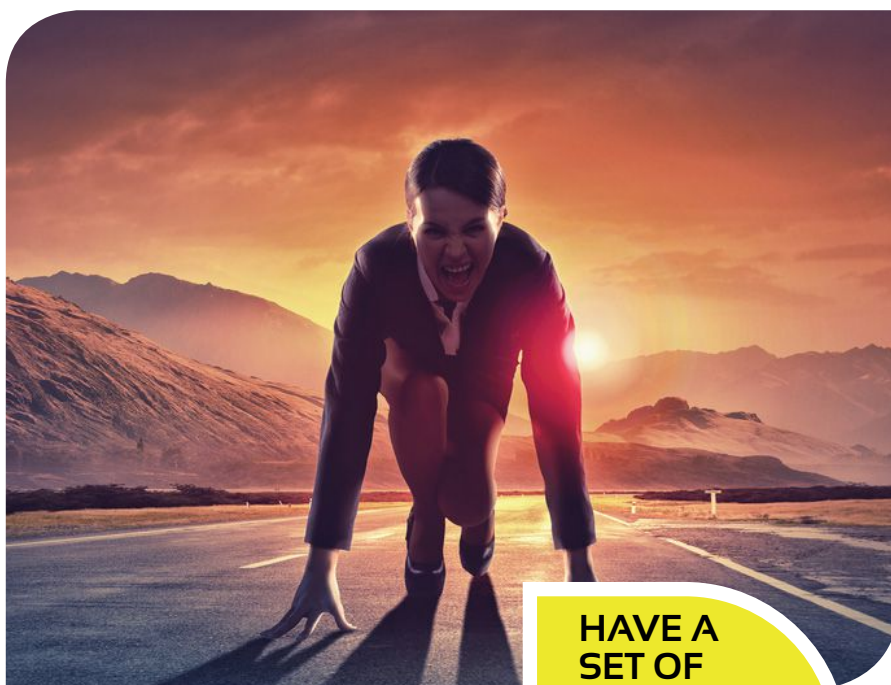
# MOTIVATE YOURSELF TO RUN TODAY

by RICH STEAD

## The 5 Things YOU Can Do To Motivate Yourself To RUN TODAY

**W**ith all the stress in our daily lives, it can sometimes be hard to motivate yourself and find the time for your daily run. That task becomes **even harder** if you are juggling children or family commitments, because you then have only a very limited time-window to get your workout done. But we all know **consistency is key**, and will likely condemn ourselves later for not doing it!

We've put together a quick list of 5 SURE-FIRE WAYS to motivate yourself to get your run in, no matter your time-window, ability level, or mood.



### 1 Find music that motivates you, and put it on NOW!

There's **no better way** to get into the mood for a run than listening to a playlist that gets you amped up. This is literally THE BEST way to change your mood almost INSTANTLY. Everyone can find that one song to get them over the hump and make them want to go and get out there. Crank up your beats, put on your shades, and hit the road.

### 2 Shake up your training regimen

If you're going to the track every day, head out for a run in your neighborhood instead. If you're running inside due to weather, try running outside. If you're running on a hard cement surface, try going off-road or running on softer terrain. The important point is – you have to **vary your training regimen to keep it interesting**.

**HAVE A SET OF RUNNING CLOTHES**

or workout gear in the car at ALL times.

Even the most competitive athletes get into a rut. Check out images of our runners on our [Instagram Inspiration Wall](#) – you'll see them running in all sorts of different conditions. Of course, it helps if you live near an ocean and can go for a run at twilight, but running anywhere new – even if it's just a new neighborhood – can help motivate you to run further and longer.



### 3 Find a running companion

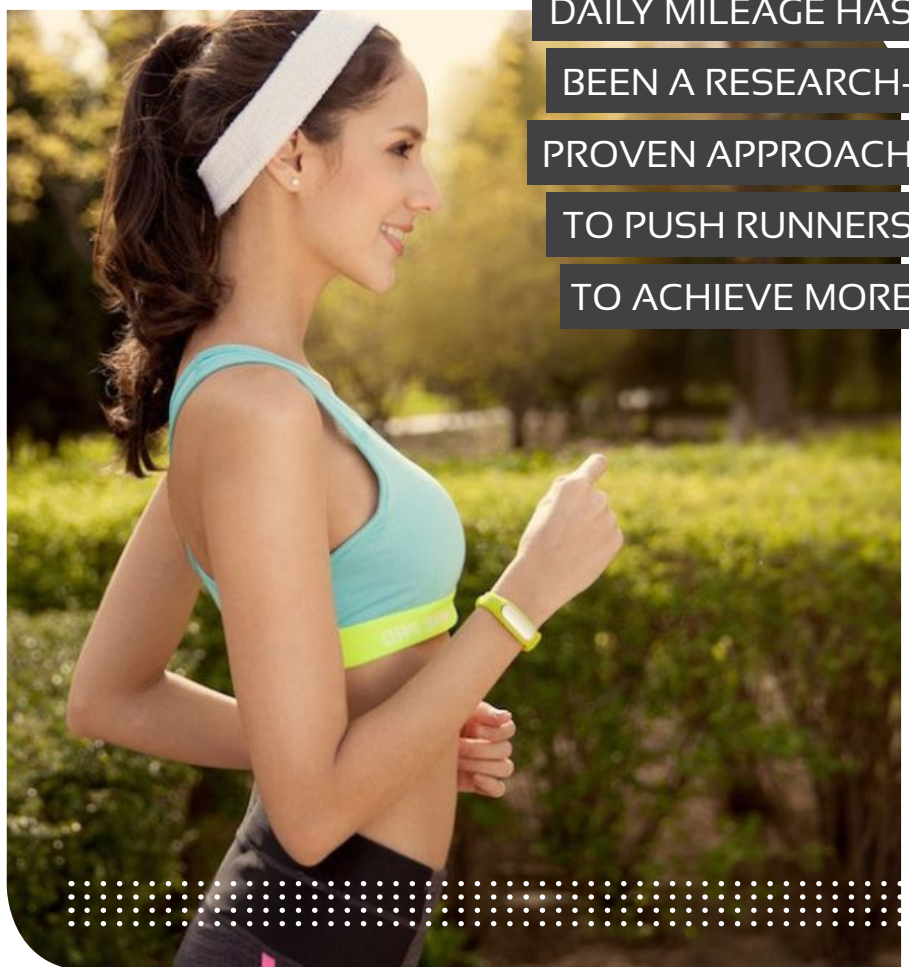
There's no reason why running has to be a solo endeavor – even our elite athletes find time to run with each other. We're a firm believer that running can be social time as well. It's about building an athletic community where we can all achieve our running goals together.

And, if you can't find another adult running companion, there's a reason why jogger strollers were invented! Just be careful to observe good form when pushing around your little tykes (if you have them).

KEEPING TRACK OF  
DAILY MILEAGE HAS  
BEEN A RESEARCH-  
PROVEN APPROACH  
TO PUSH RUNNERS  
TO ACHIEVE MORE

### 4 Use fitness trackers to push yourself harder

Keeping track of daily mileage has been a research-proven approach to push runners to achieve more. Now, with so many daily fitness trackers out there, you have even more access to data and information, down to the number of steps you've taken each day, and how fast your heart is beating. Everyone enjoys trying to improve their scores!



### 5 Keep your kit in your car!

Have a set of running clothes or workout gear in the car at ALL times. You never know when the right opportunity is going to present itself. Perhaps you often pass a nice trail; today you have time to check it out. You might find you have an hour to kill before an appointment, or something in your day got cancelled. When the opportunity or the mood strikes, a quick car change and you are **ready to go** on a new run, wherever you may be!

Remember – getting inspired to run on a regular basis is as **mental** as it is **physical**. One of our favorite inspirational stories is the one of Sir Roger Bannister, who broke the 4-minute mile mark back in 1954. Until he did it, everyone thought it was humanly impossible. Yet, within 46 days, that 4-minute mark was once again

broken. And, over the next few years, the record was broken again and again...

Once you stop believing that something is impossible, it becomes possible. So, start achieving your running goals and don't ever let anyone tell you that your goals are impossible!



There are a handful of interesting, if not iconic, races that **EVERY RUNNER SHOULD CONSIDER ENTERING**

# RUNNING EVENTS YOU **MUST** EXPERIENCE

by AMANDA CASANOVA

**Y**ou can set your sights on any of thousands of running events. Maybe you have a destination race in mind or a PR-setting marathon race on your calendar. Still, there are a handful of interesting, sometimes zany, if not iconic, races that every runner should consider entering.

These all might not be on any of your upcoming race calendars, but for now, add them to your ultimate race wish list.

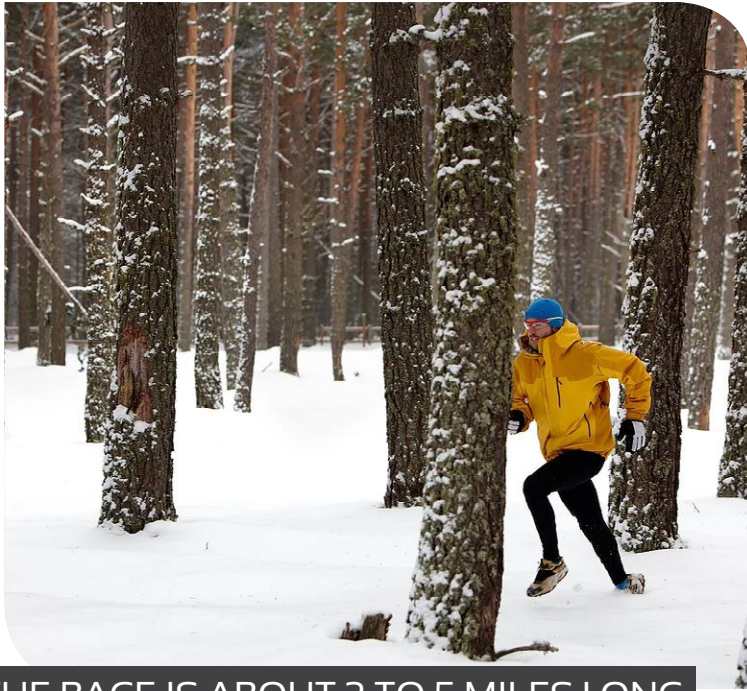
## **NAPA-TO-SONOMA WINE COUNTRY HALF MARATHON**

NAPA AND SONOMA VALLEY, CALIFORNIA



*Wine-lovers and runners will enjoy the hallmark event in the Wine Country Half-Marathon Series. The 13.1 mile point-to-point course is a fast and scenic route through vineyards and wineries and even past the Napa-Sonoma Marshes Wildlife Preserve. How many running events do you know that involve wine?! After finishing up your run in wine country, you'll enjoy a wine and music festival where you'll be able to taste California's finest wines. You've earned your booze! The half-marathon limits entries to 3,500 runners and registration usually sells out quickly.*

**PRICE: \$175/RUNNER**



**ABOMINABLE SNOW RACE**

LAKE GENEVA, WISCONSIN

For a race that combines both obstacles and frigid weather, Wisconsin's Abominable Snow Race is a must on the to-race list. As far as running events go, this one is definitely one of the more amusing and entertaining ideas. The race is about 3 to 5 miles long and includes about 20 obstacles over the snowy course, including the "Blizzard." The "Blizzard" is a 300-foot climb and descent through simulated blizzard conditions. Another popular obstacle is "The Snow Thrower," which requires participants to launch snowballs at a Yeti target 30 feet away. Miss hitting Sasquatch and the penalty is burpees. Finishers receive a free local brew from Geneva Lake Brewing Co. and enjoy an after-party with the Yeti. More than 1,500 participated in January's race. Bill from our Uplift Community absolutely loved it!


**PRICE: \$60 TO \$90/RUNNER**

THE RACE IS ABOUT 3 TO 5 MILES LONG  
AND INCLUDES ABOUT 20 OBSTACLES  
OVER THE SNOWY COURSE

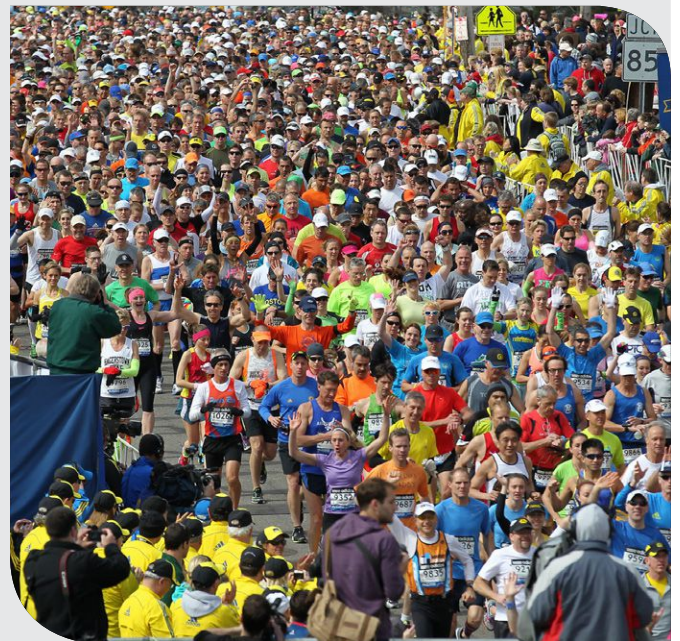


**BOSTON MARATHON**

BOSTON, MASSACHUSETTS

 For more serious runners, one of the ultimate goals is scoring a slot to run Boston. The marathon, which draws about 30,000 runners, is held annually on Patriots' Day, the third Monday in April. To qualify, runners must earn their spot by running a certified marathon course in a specified time. Once earned, runners get to compete at what's considered one of the more challenging marathon courses. The course features Heartbreak Hill, which is infamously known for its difficulty. Just as famous as the course are the spectators at the marathon. Each year, the event attracts some 500,000 people, including the Wellesley College Scream Tunnel students. For about a quarter of a mile, the students cheer and offer kisses to runners. It's just one part of the spirited and endearing race, and is very popular with Athletes Insight runners.

**PRICE: \$185/RUNNER**



**30,000 RUNNERS**

## YUENGLING SHAMROCK MARATHON

VIRGINIA BEACH, VIRGINIA




The Shamrock Marathon is a Boston Qualifier course, but it's also famous for its post-race beach party on Virginia Beach, where finishers (over 21) will be served free beer. There's live music over the 2-day running events, which feature other race distances too. The flat and fast course runs along the Atlantic Oceanfront and past the historic site where John Smith, Christopher Newport, John Rolfe and other Jamestown colonist first landed in America in 1607. The marathon finishes at the famous Virginia Beach boardwalk past a statue of King Neptune. The marathon is limited to 4,000 runners.

**PRICE: \$120 TO \$140/RUNNER**



## WESTERN STATES 100-MILE ENDURANCE RUN

SQUAW VALLEY, CALIFORNIA

 *Dubbed as the world's oldest 100-mile trail run, the Western States 100-Mile Endurance Run is long considered one of the toughest ultras on the globe. The course begins at the Squaw Valley ski resort and runs over brutal terrain in extremely hot and cold temperatures. Runners must first participate in a qualifying race and then enter a lottery. Runners who finish before the 30-hour time limit receive a bronze belt buckle. Runners who finish in under 24 hours receive a silver belt buckle. The race is limited to 369 runners per the U.S. Forest Service.*

**PRICE: \$410 + ONLINE FEE**



## ZAPPOS BAY TO BREAKERS 12.1K

SAN FRANCISCO, CALIFORNIA

For more than 100 years, millions have participated in the colorful and sometimes zany annual Zappos Bay to Breakers 12.1K. The course, which runs from the San Francisco Bay to the breakers on Ocean Beach, features a range of serious contenders and costumed runners. It isn't unusual to find Superman, Wonder Woman or dinosaurs attempting to finish the course. For many, the race is a party atmosphere beginning at the starting line with the tortilla toss, where crowds of runners waiting to start toss tortillas into the air. The race, which draws both revelers and runners, finishes with live entertainment, food and beer. About 50,000 runners annually take part in Bay to Breakers.

**PRICE:  
\$54.99  
AND UP/  
RUNNER**



THESE RACES ARE TESTS  
OF STRENGTH, WILLPOWER  
AND DEDICATION

**SPARTAN RACE**


NATIONWIDE

Obstacle course races have increasingly become popular in the last few years, but the Spartan race series is long sought after among many. This series of running events offers many lengths to choose. The Spartan Sprint covers more than 3 miles and about 20 obstacles and is considered a worthy introduction to Spartan Race. The Spartan Super course runs over 8 miles and includes more than 25 obstacles. Finally, the Spartan Beast course is about 12 miles long and has more than 30 obstacles to overcome. Obstacles featured include the Rope Climb, Barbed Wire Crawl, and the infamous Bucket Brigade, which requires participants to fill a bucket with rocks and carry it over a specified distance. These races are tests of strength, willpower and dedication. Last year we sponsored the Spartan Race Pro Team with our [Performance Sunglasses](#), the pro's absolutely loved them, and we got on NBC, because they actually stay on!

**PRICE: VARIES**

**THE BARKLEY MARATHONS**

WARTBURG, TENNESSEE

 *The super secretive Barkley Marathons may only draw 40 runners each year both because of its elusive entry process and its notoriety for extreme conditions, but it's certainly an interesting race. The Barkley Marathons is a 100-plus mile race in backcountry woods marked by strange traditions (i.e. a trumpeter sounds "Taps" when a racer drops out). To complete the full Barkley, runners must finish five loops of about 20 miles each in about 12 hours each. There are no aid stations. No trail markers. No medical personnel on hand. Oh, and each loop requires about 11,000 feet of climbing and descending. In 2016, Jared Campbell finished the race to become the only person to complete the Barkley Marathons three times.*



**PRICE: \$1.60 APPLICATION FEE + LICENSE PLATE FROM HOME STATE (for first-time runners)**



**Running  
Sunglasses  
Perfected**

Browse the Collection

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# WHY SINGLE LEG TRAINING IS CRUCIAL FOR TRUE ATHLETICISM

by RICH STEAD



**T**he general belief is that multi-joint (as opposed to isolation) exercises are the better choice for overall improvements in strength and power. It's why exercises like Push-ups, Pull-ups, and Squats are staples of nearly every exercise program in the world.

The theory goes that multi-joint movements tend to recruit both sides of the body (right and left arm, right and left leg, etc.), which means greater muscular engagement

and therefore higher overall force production. If your goal is greater overall fitness in a short workout time, it's always better to stick with these "bilateral" exercises that work both sides of the body.

At the same time, "unilateral" exercises that work one side of the body at a time ALSO have their place in your workout program. The effects of these unilateral exercises are very different than bilateral movements. They may not be as efficient overall in terms of

total observed power output, but they do yield exclusive benefits that will help improve your athleticism that should not be neglected.

**"ATHLETICISM"** refers to not just power, strength, and speed, but also agility. Unilateral (single-leg, single-arm) training will make you more athletic because of the recruitment patterns and mechanisms at play.

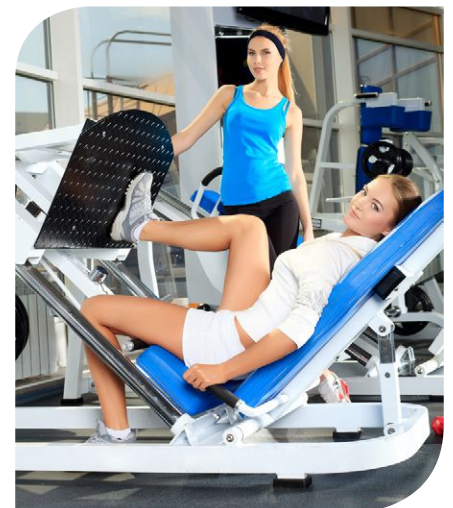


## Strength vs. Overall Athleticism

A [2016 study](#) (5) found that unilateral training helps to improve unilateral-specific strength gains. Basically, focusing on one arm or leg will help to make THAT arm or leg stronger. You may not see significant gains in bilateral strength (for exercises like squats), but you will notice improvements in unilateral strength (for exercises like lunges or pistol squats).

As every expert will tell you, you have to focus on every area of your game. Think about what would happen if you only performed Bench Presses. You'd develop strong arms, chest muscles, and shoulders, but what about your back, abs, and legs? Those muscles would be largely ignored, and thus underdeveloped. How might this affect your play, and your ability to perform?

The same is true with bilateral and unilateral (two vs. single-leg) movements. When you perform a lot of bilateral exercises (like Squats), you develop bilateral strength. That means your legs are strong when they work together. There will be improvements in unilateral strength (each leg on their own), but the strength is only significant when the two legs are engaged.



## Unilateral vs. Bilateral Training: Could They BOTH Have Similar Effects?

There are studies(1) that show unilateral and bilateral training lead to similar effects in terms of strength, sprint speed, and change of direction speed. For example, 18 rugby players spent 5 weeks training their legs with either single-leg or both-leg squats. Both groups saw similar improvements in their agility, strength, and coordination. Whilst differences may not be significantly apparent across a group, injury risk, field performance, and the normalization of data are very difficult to account for.

Another [study dating back to 2005](#)(2) analyzed the effects of unilateral and bilateral training on 37 men and women. After 8 weeks of training, the groups showed similar improvement in most metrics, including: stair-climb test, bilateral jump test, and free-weight squats. However, the group that engaged in unilateral training saw a significant improvement in their unilateral jump test. What could this mean?

## Unilateral vs. Bilateral Training: Better Results?

*In a [1997 study](#) (3), it was discovered that the improvement in handgrip strength among trainees undergoing unilateral training was higher than bilateral trainees. While leg extension power improved more visibly among the bilateral group, the improvement in the smaller muscle group (forearm) was noticeable thanks to the focus of the unilateral training.*

*That last bit right there is one of the primary reasons to engage in unilateral training. There are dozens of studies that prove [bilateral exercises are better for fitness overall](#) (4) – we're not arguing that. Instead, we're firm believers in the fact that unilateral exercises lead to improvements in the smaller muscle groups.*

## • TRAINING

But not everything in life uses two legs. If you're an athlete, you tend to jump off one just leg, and you kick using just one leg as well. Sudden changes of direction involve just one leg. See where we're going with this? Developing strength in each leg is as important as developing strength in both legs.

Unilateral movements are more common in everyday life: running, jumping, climbing stairs, changing directions, etc. Bilateral movements are more common in strength training. For overall strength, bilateral movements are more efficient. But for improvements in athleticism (agility and speed as well as strength), it's important to spend time training each leg individually.

### BE WARNED:

your unilateral strength is not 50% of your bilateral strength. You may be able to squat 600 pounds, but it's very unlikely you'll be able to single-leg squat 300 pounds. This is one of the cases where the whole (force generated) is greater than the sum (amount of force generated) of both parts.

## Unilateral Training: Correcting Musculoskeletal Problems

Another great benefit of unilateral training is that it can help to correct musculoskeletal defects.

Most fitness trainees and athletes develop injuries or deficits on one side of their bodies (one knee, one shoulder, one hip, etc.). Sports place a greater strain on one side of the body due to the use of the dominant hand or leg to kick, throw, run, or jump. The regular use



of the dominant side can lead to greater development of strength on that side, as well as a higher risk of injury or strain.

Unilateral training can help to correct for that use. Not only will single-arm or single-leg training increase the strength on the weak side, but it can correct the posture and form of the dominant side. Equal strengthening on both sides of the body can lead to better bilateral force generation.

## The Key Benefits of Unilateral Training

Put simply, training one limb, or one side of the body at a time, creates a hugely advantageous scenario leading to increases in proprioception, balance, motor recruitment, firing patterns, muscle activation and efficiency.

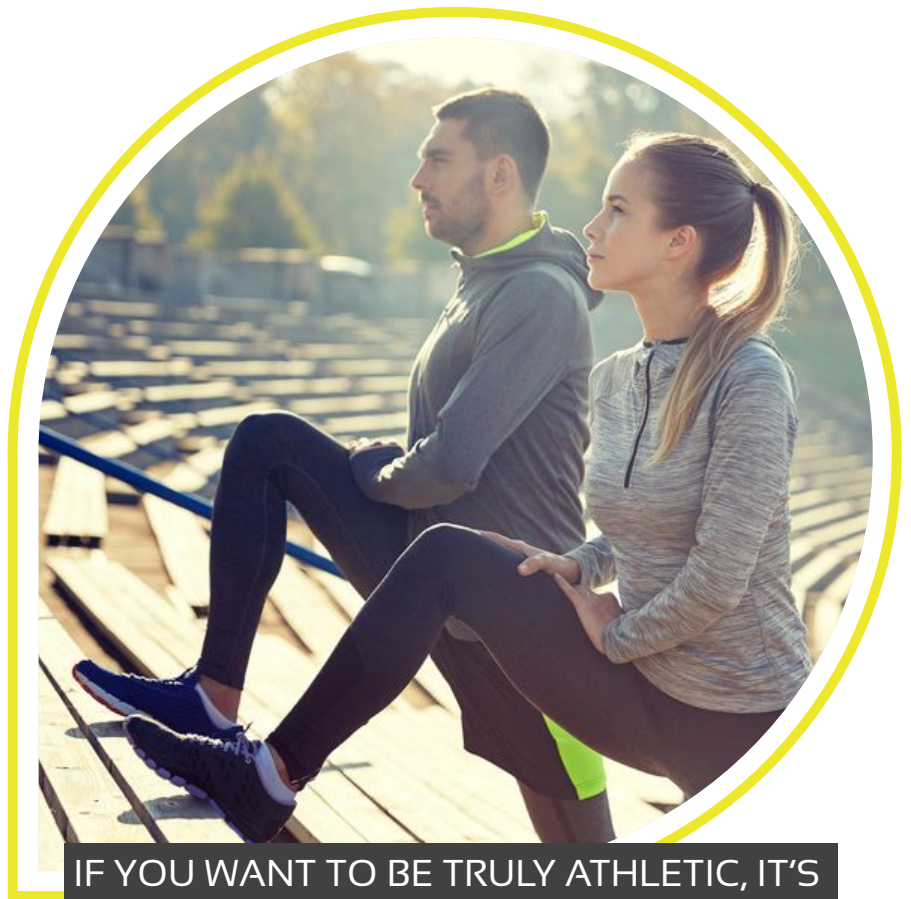
At the very highest levels of athleticism there are many great examples where unilateral training becomes

painfully obvious as to its necessary inclusion into any well-thought training program.

Take an elite sprinter, and picture steps 1, 2, 3 out of the blocks. Imagine the colossal amount of force being generated in this situation. For the majority of this phase, the entire force production is through a single leg in contact with the athletics track.

*There is a distinct advantage to be had, by the athlete that pays attention to single leg strength and power exercises, over he/she who does not.*

The correct recruitment of the smaller muscle groups is typically much greater in single leg movements, compared to its dual-legged counterpart. The development of these smaller muscles, taxed during unilateral exercises, allows greater overall force production in sport specific movements. These same smaller muscle groups also provide a huge amount of stabil-



**IF YOU WANT TO BE TRULY ATHLETIC, IT'S SMART TO BRING UNILATERAL TRAINING INTO YOUR REGULAR PROGRAM**

ity. As the body learns to activate the muscles in this way, it becomes more efficient at producing large forces, and adapts to stabilize the body under unilateral forces.

Now, think back to our sprinter example, and the body stresses during steps 1, 2, 3. And then tell me you don't see the value in single leg training.

If you want to be truly athletic, it's smart to bring unilateral training into your regular program. Keep bilateral exercises as they certainly have their place as the foundations, but mix a few unilateral movements into the program as well. You'll improve each arm and leg independently, leading to better efficiencies, stability, strength, and agility where it counts- on the field.

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# 15 HEALTHY, HIGH-PROTEIN SNACKS

by AMANDA CASANOVA

When we finish up a tough workout or run, we sometimes reach in our fridge for a postworkout snack that will curb our appetite. That might be a slice of leftover pepperoni pizza or scoop of ice cream. It might be a bowl of Lucky Charms cereal or you might have a stronger will: it might be a banana—and that slice of leftover pizza.

But runners need to look for high-protein foods when they snack. The United States Department of Agriculture suggests that women aged 31-50 aim for 46 grams of protein per day, while men in that same age group should aim for 56 grams of protein daily.

According to the International Society of Sports Nutrition, however, athletes need more protein per day. [Their recommendation](#) is for athletes to aim for between .45 to .72 grams per pound per day.

Protein is an important nutrient for athletes and works in the body in a myriad of ways. It plays a part in blood clotting, hydration, cell repair and also helps repair tissue and prevent injuries.

Here are some go-to snacks to try for your next postworkout bite or 3 p.m. hunger call.



**RUNNERS NEED TO LOOK FOR HIGH-PROTEIN FOODS WHEN THEY SNACK**



## 1. Cottage cheese

**What it's filled with:** Protein, vitamin B-12, and calcium

**How to eat it:** Pair it with your favorite fruit for a quick snack or whip in 1 scoop of vanilla protein powder, 1 Tbsp. cocoa powder, a ¼ tsp. of vanilla, and top with granola or banana for [a protein-packed bowl](#).

**Protein:** 25 grams per cup  
**Calories:** 222 calories per cup

## 2. Yogurt

**What it's filled with:** Protein, calcium, potassium and vitamin D

**How to eat it:** Try to reach for low-fat yogurt and stay away from ones that pack



a lot of sugar and flavoring. Instead, top your yogurt with fresh fruit. For a summer treat, blend yogurt with 1 cup of milk, bananas, 2 Tbsps. Cocoa powder, 2 Tbsps. Peanut butter, 1 Tbsp. honey and 1 tsp. of vanilla extract for a [yummy popsicle](#).

**Protein:** 12 grams per cup  
**Calories:** ~250 calories per cup of low-fat yogurt



## 3. Edamame

**What it's filled with:** Protein, iron and B-vitamins

**How to eat it:** Boil the edamame until bright green and salt and pepper to taste. Research shows that soy protein lowers the risk of cancer and heart disease.

**Protein:** ~9 grams of protein per ½ cup  
**Calories:** ~100 calories per ½ cup



## 4. String Cheese

**What it's filled with:** Protein and calcium

**How to eat it:** String cheese is pretty self-explanatory to eat, but you can pair it with fruit for an extra helping of vitamins.

**Protein:** 9 grams in 1 nonfat stick  
**Calories:** 42 calories in 1 nonfat stick



## 5. Peanut Butter

**What it's filled with:** Vitamin B-6, Iron, Magnesium, Potassium

**How to eat it:** Lots of people prefer to eat right out of the jar, but a sandwich or peanut butter spread on a bagel is an easy way to get a bite of protein.

**Protein:** 8 grams per 2 tbsp.  
**Calories:** 188 calories per 2 tbsp.

## NUTRITION



### 6. Chocolate Milk

**What it's filled with:** Vitamin D, Calcium

**How to drink it:** Again, chocolate milk needs no instruction, but try to drink low-fat to cut back on calories. This cold drink will give you a boost of protein and carbohydrates after a hot run or workout.

**Protein:** 8 grams per cup  
**Calories:** 209 calories per cup

### 7. Tuna

**What it's filled with:** Protein, Vitamin B-12 and B-6

**How to eat it:** Canned tuna is OK for a snack. Spread it over bread for



a sandwich or onto a tortilla with avocado for a wrap.

**Protein:** 39 grams per cup  
**Calories:** 179 calories per cup

### 8. Almonds

**What it's filled with:** Riboflavin, Magnesium, Vitamin E

**How to eat it:** Grab a handful of whole almonds for a quick snack. If you want to [sweeten them up](#), add in a tbsp. of natural maple syrup and ½ tsp. of cinnamon to 1 cup of almonds and bake.

**Protein:** 6 grams per ounce  
**Calories:** 163 calories per ounce



### 9. Trail mix

**What it's filled with:** Iron, Magnesium, Potassium, Vitamin E

**How to eat it:** Trail mixes come in all ranges. Mix one up that has sunflower seeds for a salty kick, almonds (covered in chocolate if you like) for a crunch, and dried cranberries or blueberries.

**Protein:** Varies  
**Calories:** Varies

### 10. Turkey

**What it's filled with:** Riboflavin, Phosphorus, Selenium

**How to eat it:** Make a turkey wrap or sandwich for an easy snack that packs a lot of protein.

**Protein:** ~4 grams per slice  
**Calories:** 22 calories per slice





### 11. Quinoa

**What it's filled with:** Protein, fiber, magnesium

**How to eat it:** Cook up a nutty flavored bunch of quinoa for a snack or add in a little maple syrup or nuts for a different flavor.

**Protein:** 8 grams per cup  
**Calories:** 222 per cup

### 12. Jerky

**What it's filled with:** Protein, zinc

**How to eat it:** Look out for the sodium content in jerky snacks. It can be great for replenishing lost electrolytes after a tough workout, but too much can be a bad thing.

**Protein:** 7 grams per piece  
**Calories:** 82 calories per piece



### 13. Hardboiled egg

**What it's filled with:** Vitamin D and B-12

**How to eat it:** These are so easy to make, and with a dash a salt, you can replenish some much-needed electrolytes. They are also filled with good fats that keep your heart healthy.

**Protein:** 6 grams  
**Calories:** 78 calories



### 14. Protein bars

**What it's filled with:** Protein, fiber

**How to eat it:** Look for protein bars that keep the sugar content low and have high fiber contents. Try to steer clear of bars with partially or fully

hydrogenated oils, artificial sweeteners or high fructose corn syrup.

**Protein:** Varies  
**Calories:** ~210 calories



### 15. Hummus

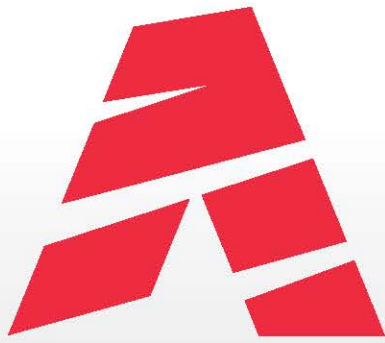
**What it's filled with:** Fiber, Magnesium, Copper

**How to eat it:** Pair hummus with your favorite vegetables for a tasty and healthy snack. Also, look for hummus with low sodium levels and low fat. It's a great alternative afternoon snack.

**Protein:** ~5 grams per ¼ cup  
**Calories:** ~102 calories per ¼ cup







# ATHLETES INSIGHT

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YOUR LIFE

HOPE YOU  
ENJOYED  
ISSUE #02

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