



Raúl Santaella

USA Triathlon Level 1 + USA Cycling Level 2 +
Ironman Certified Coach + Precision Nutrition L1







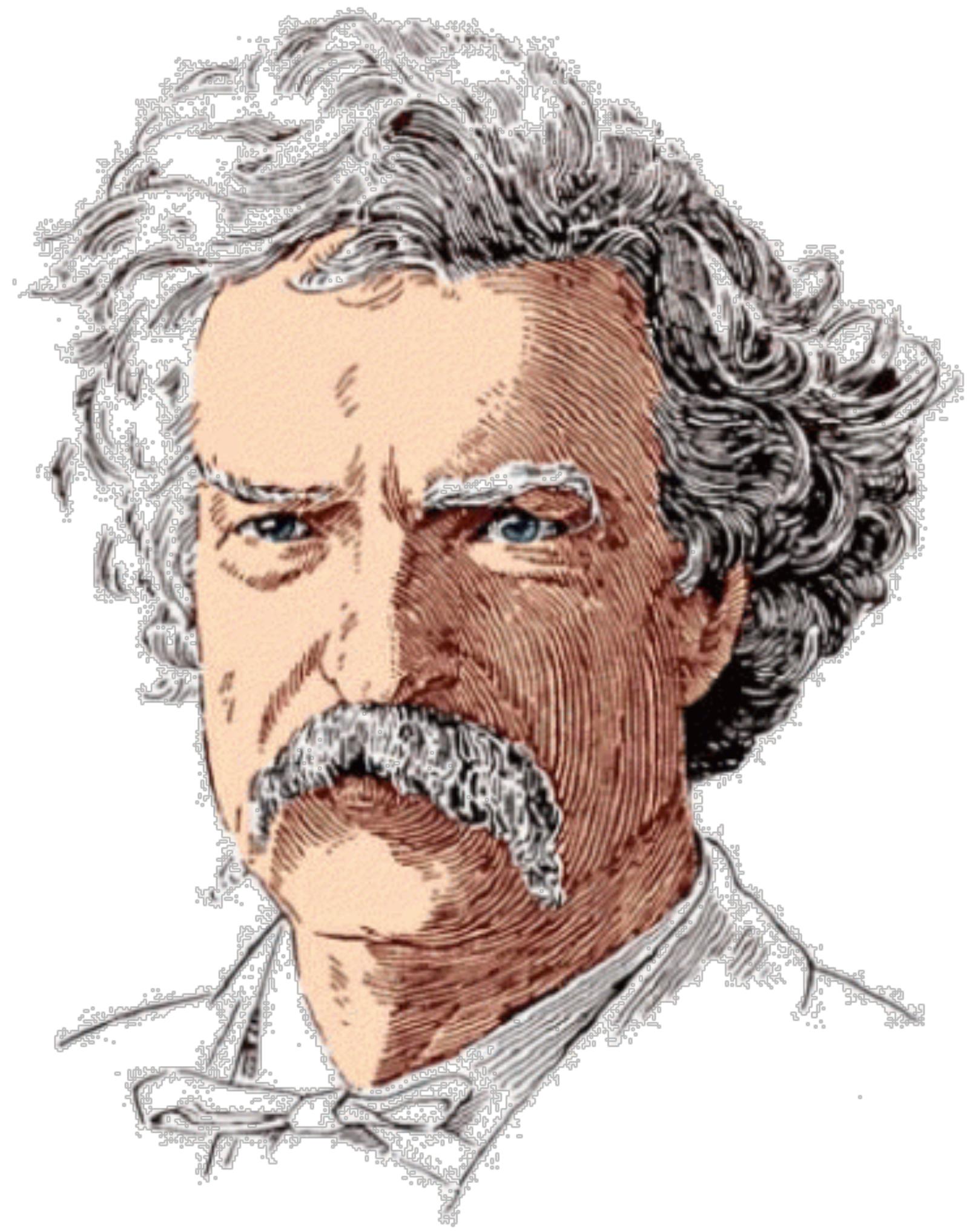
BodyMetrix™
By IntelMetrix®

STRYD





28 SEL. 1984



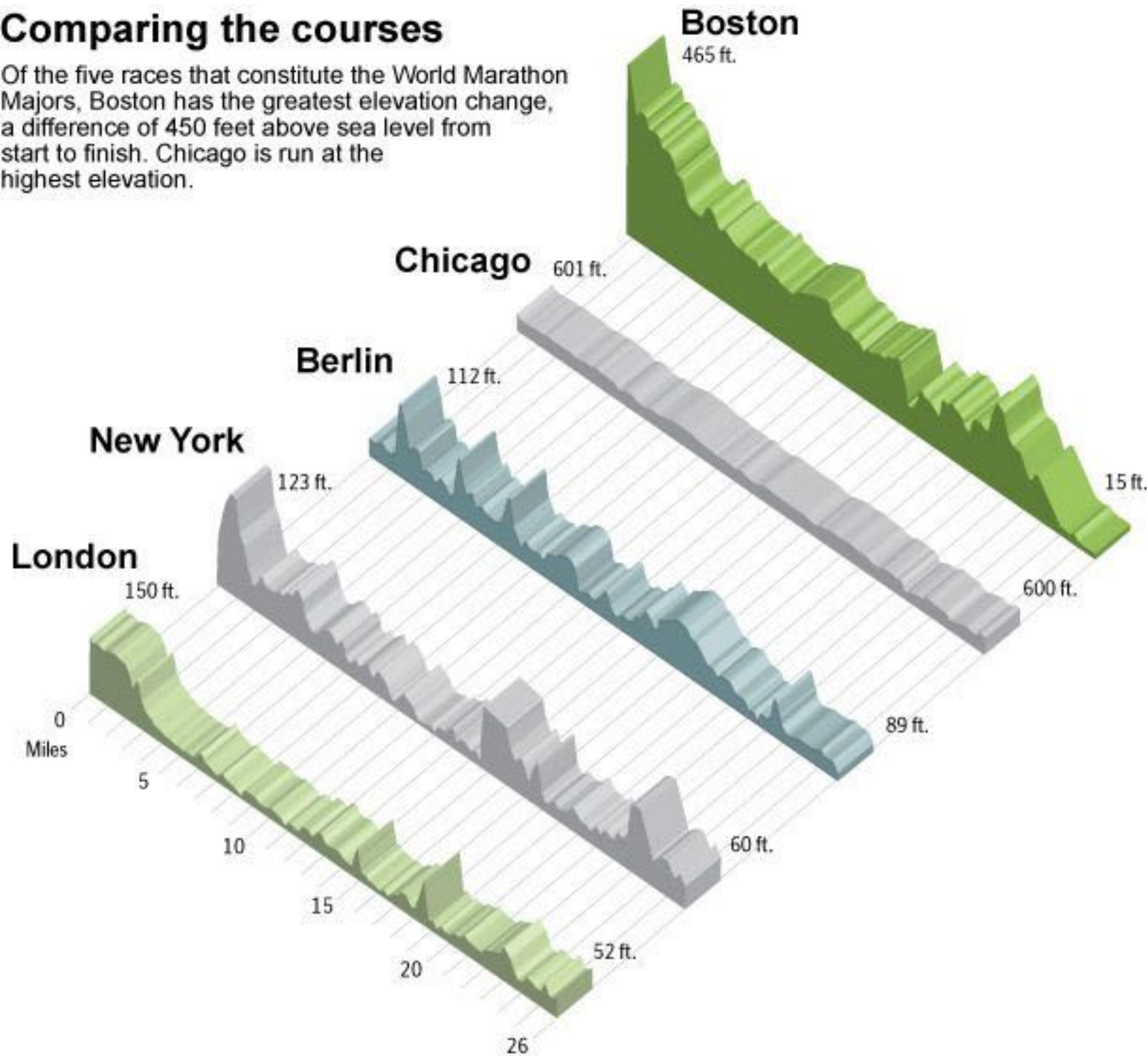
“It's not what you don't know that kills you,
it's what you know for sure that ain't true.”

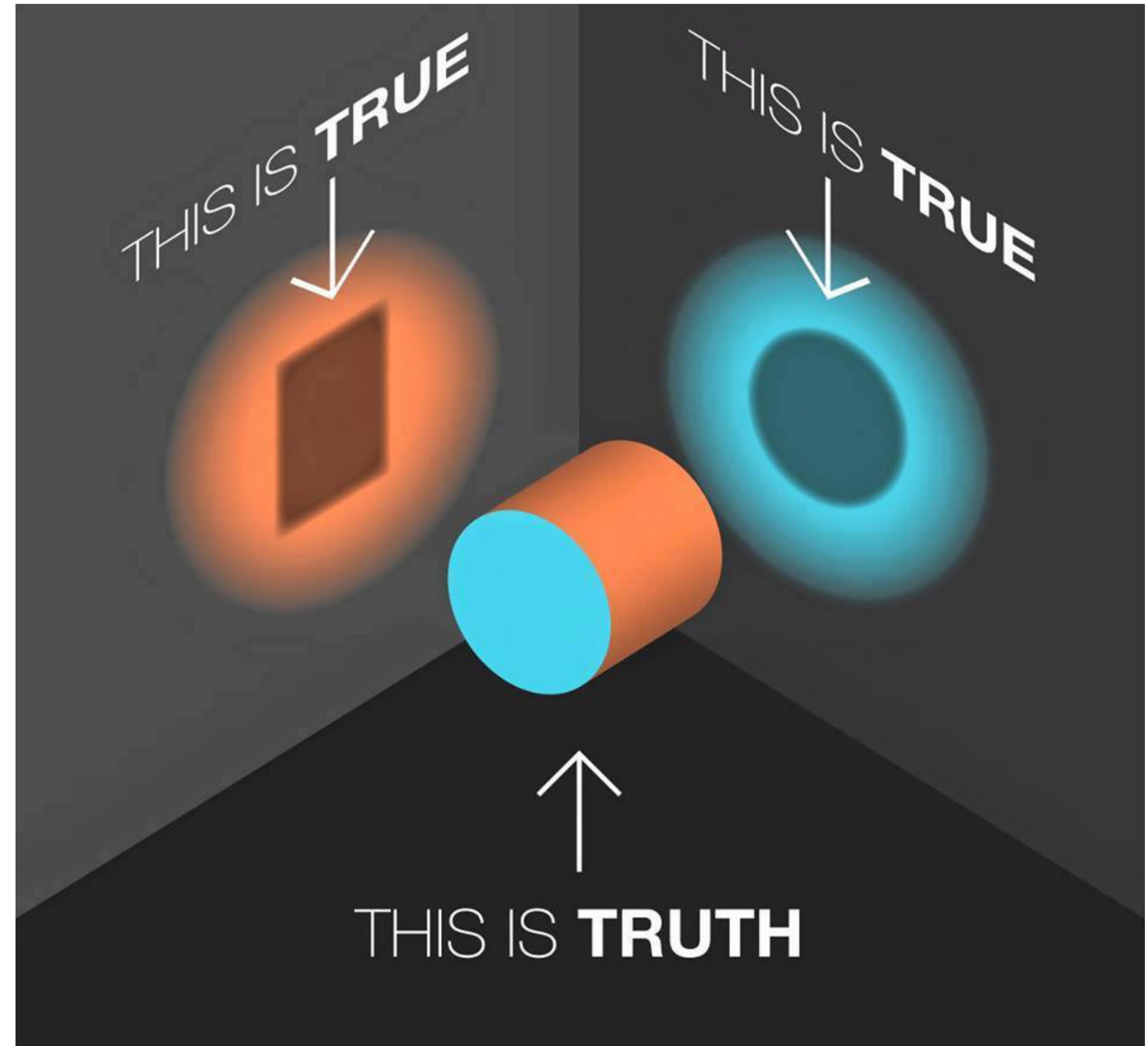
— Mark Twain



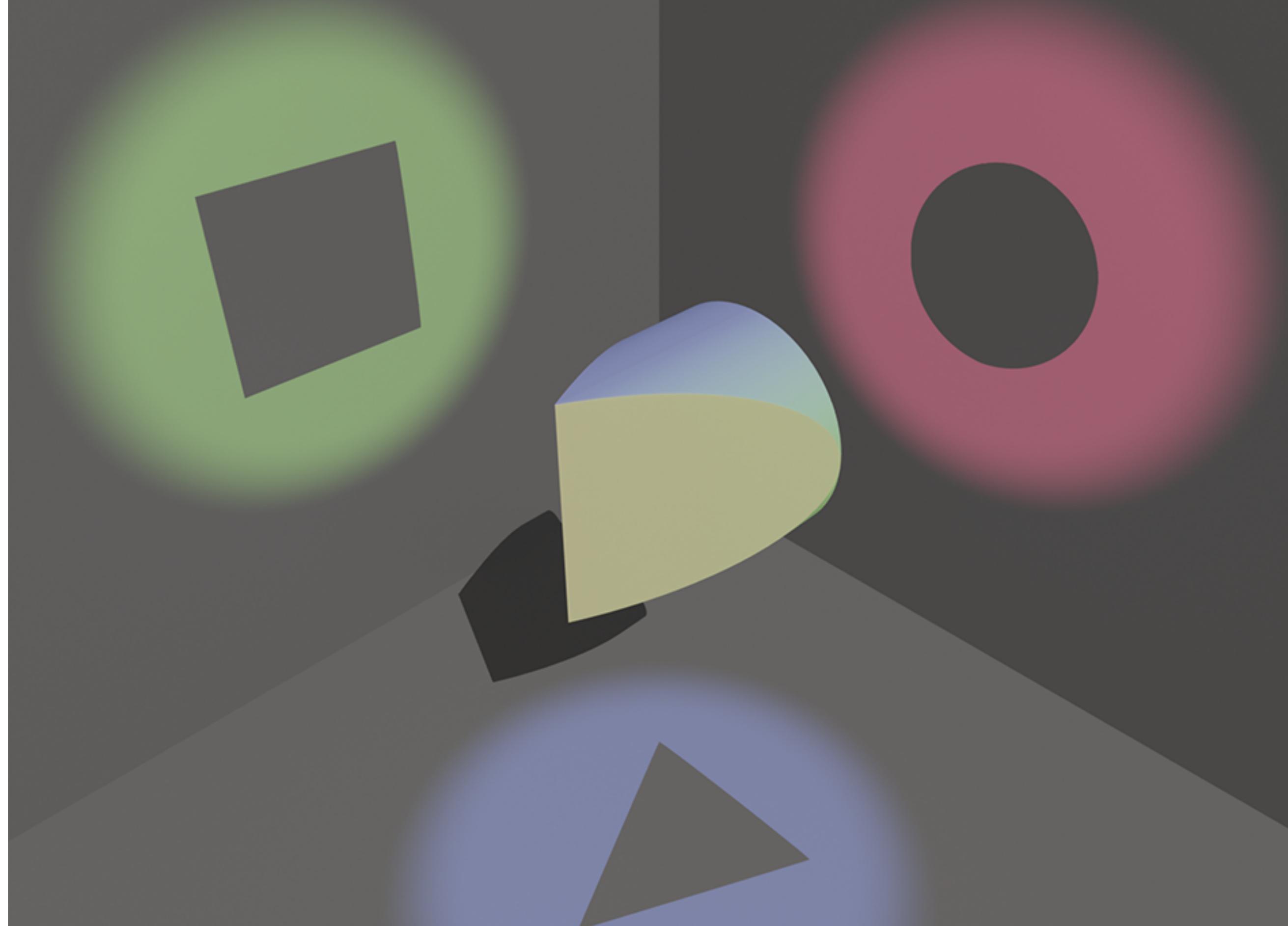
Comparing the courses

Of the five races that constitute the World Marathon Majors, Boston has the greatest elevation change, a difference of 450 feet above sea level from start to finish. Chicago is run at the highest elevation.





Actually, that's a false dichotomy.



There are more than two sides to it.

THEORY:
you know
everything, but
nothing works.

PRACTICE:
everything works,
but nobody knows
why.

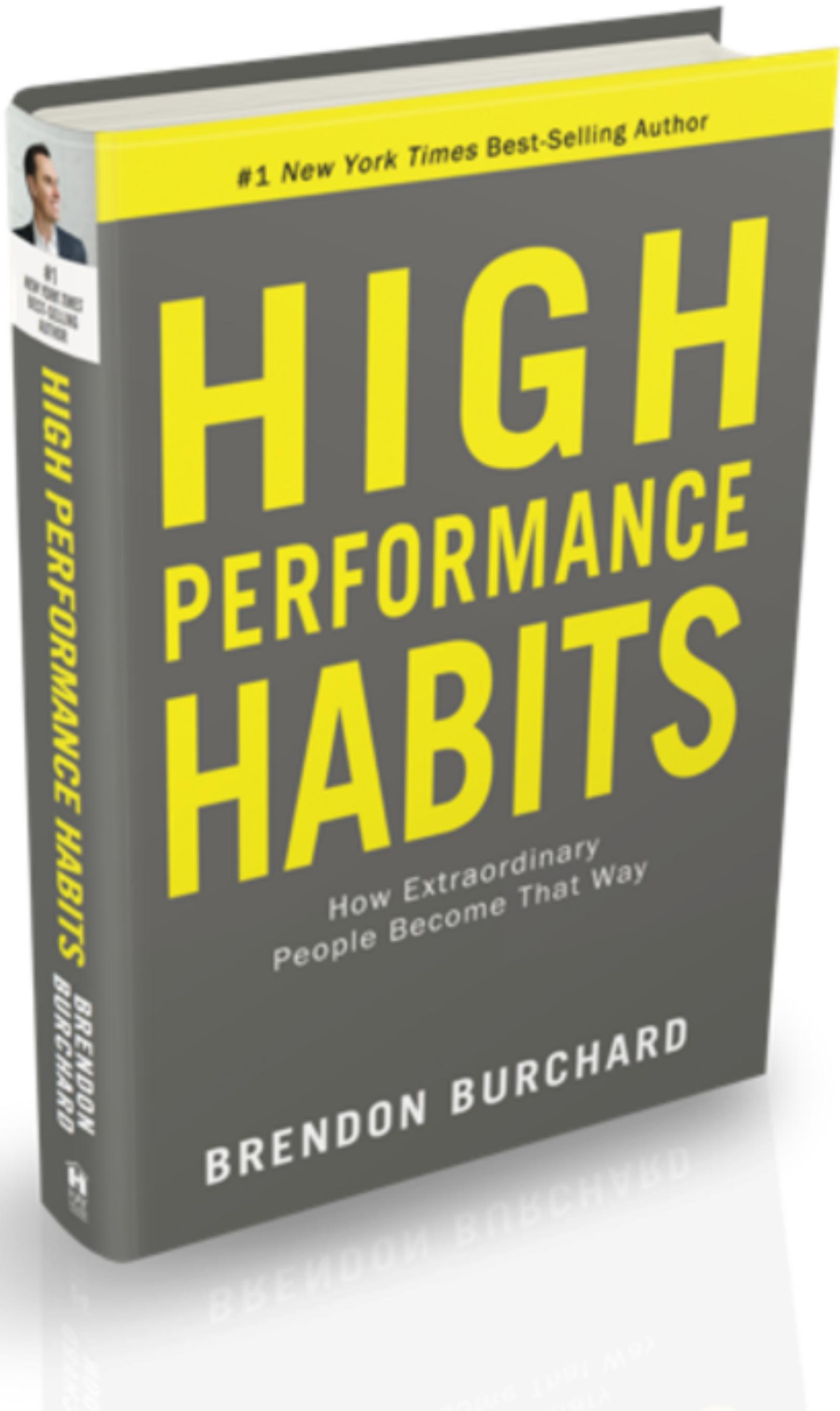
ELEVATE YOUR GAME,
AVOID BURNOUT,
AND THRIVE WITH
THE NEW SCIENCE
OF SUCCESS

PEAK PERFORMANCE



BRAD
STULBERG

STEVE
MAGNESS



3 years of research.
A lifetime of insight.

HIGH PERFORMANCE ACADEMY.COM

PRODUCTIVITY

PERSUASION

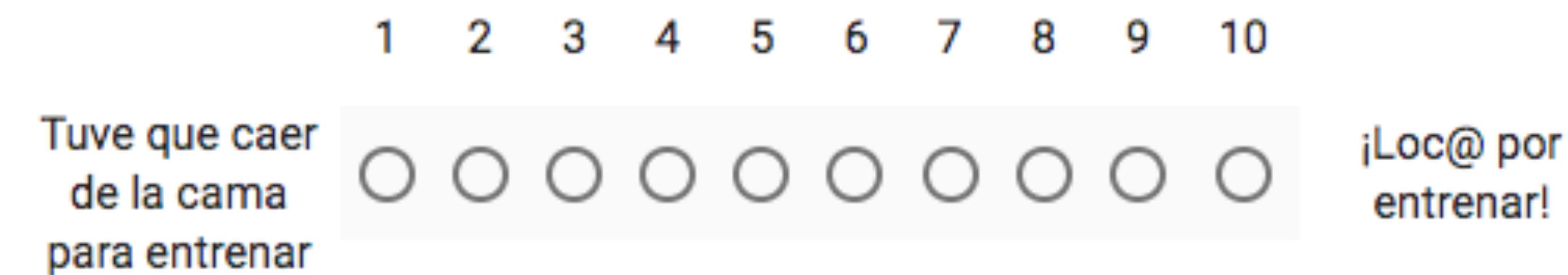
PSYCHOLOGY

PHYSIOLOGY

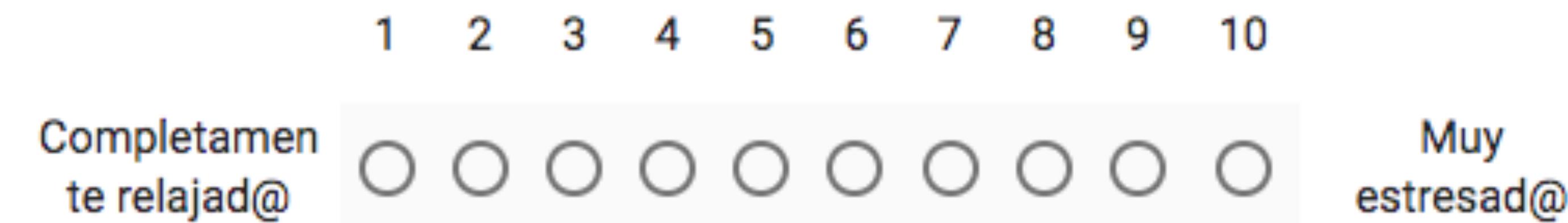
PRESENCE

①

Ánimo de entrenar *



Nivel de estrés *



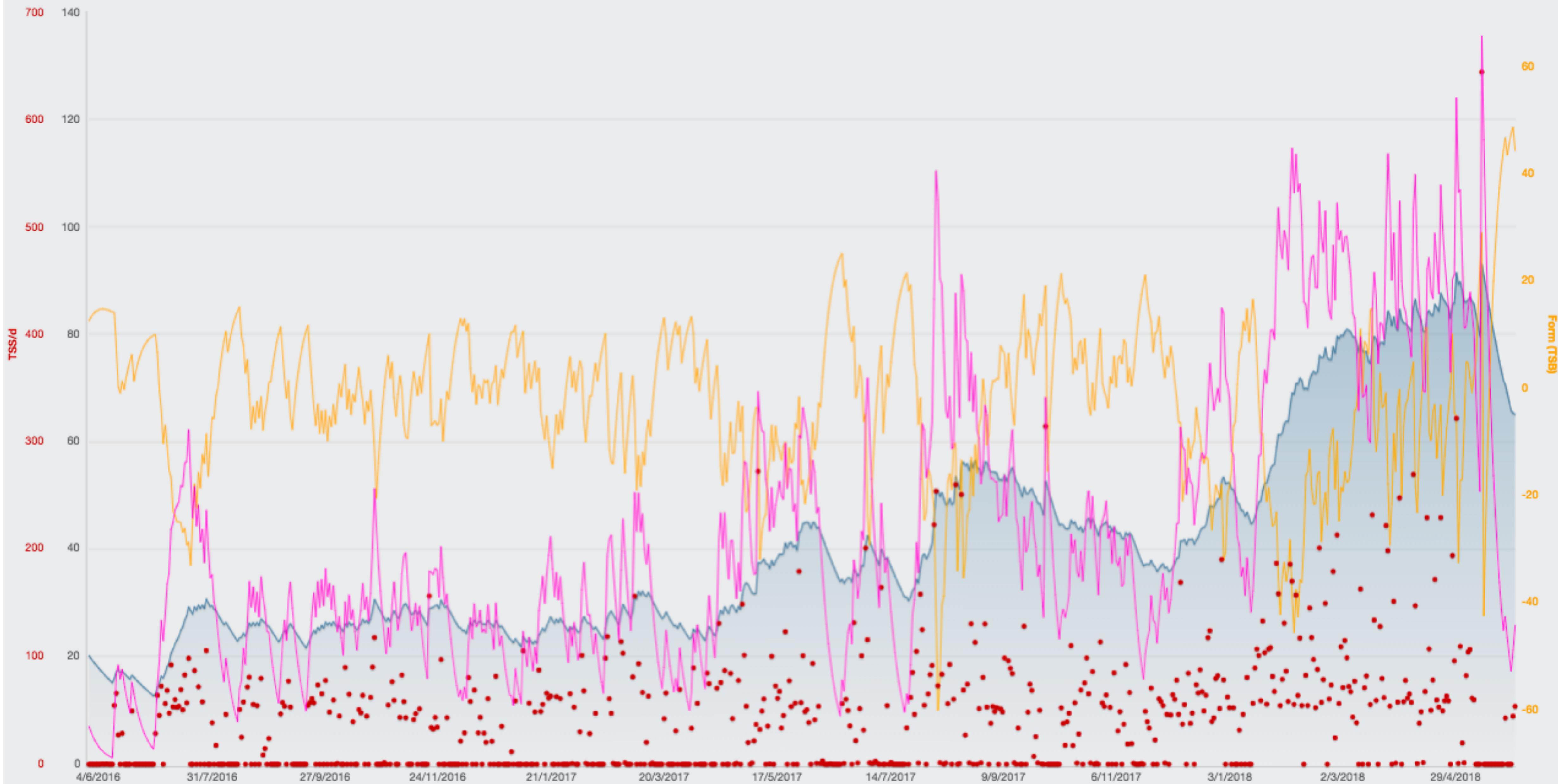




TU VIDA
POR DISEÑO

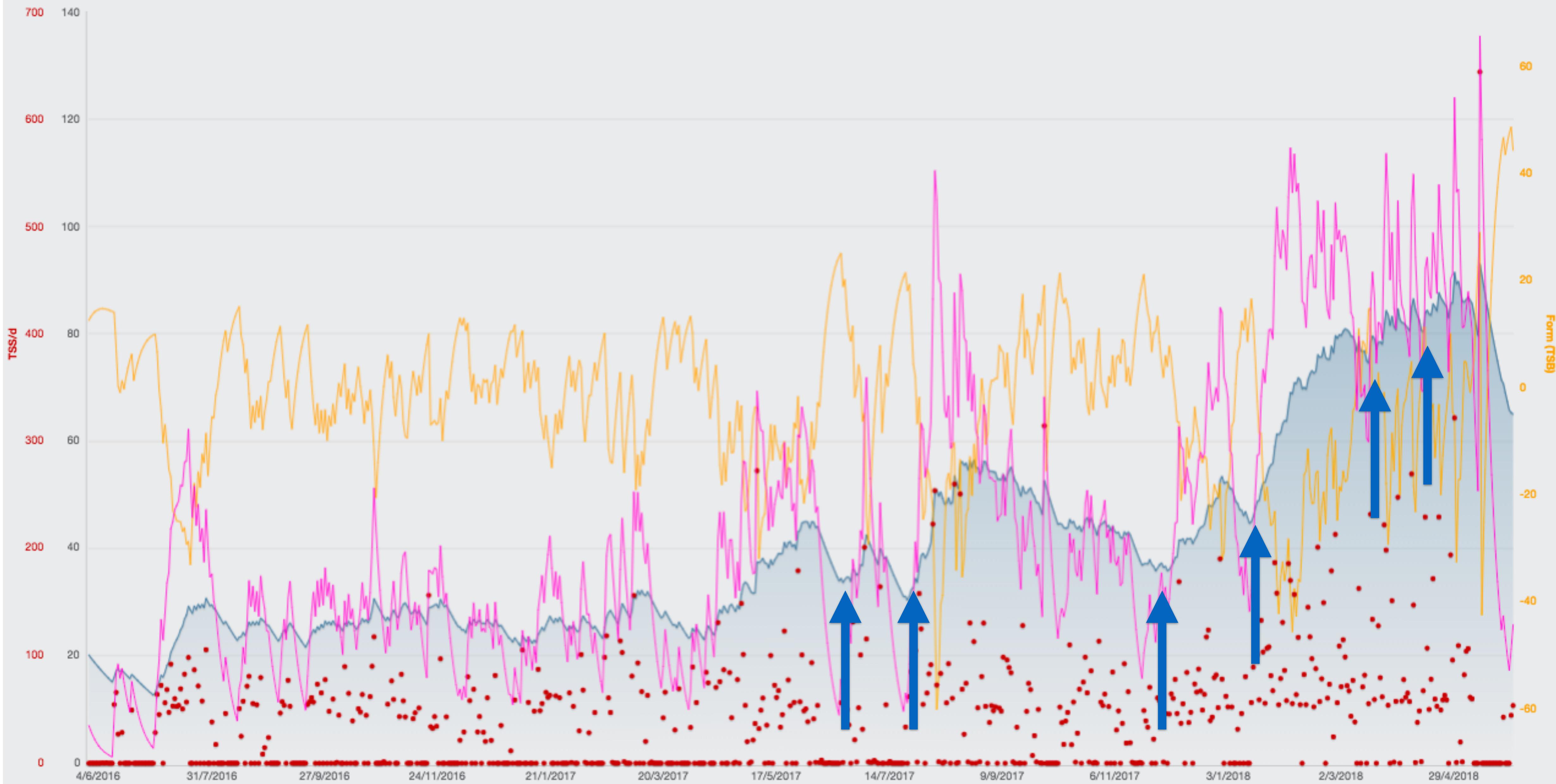
Performance Management - Workout Type: All Workout Types

Last 730 days



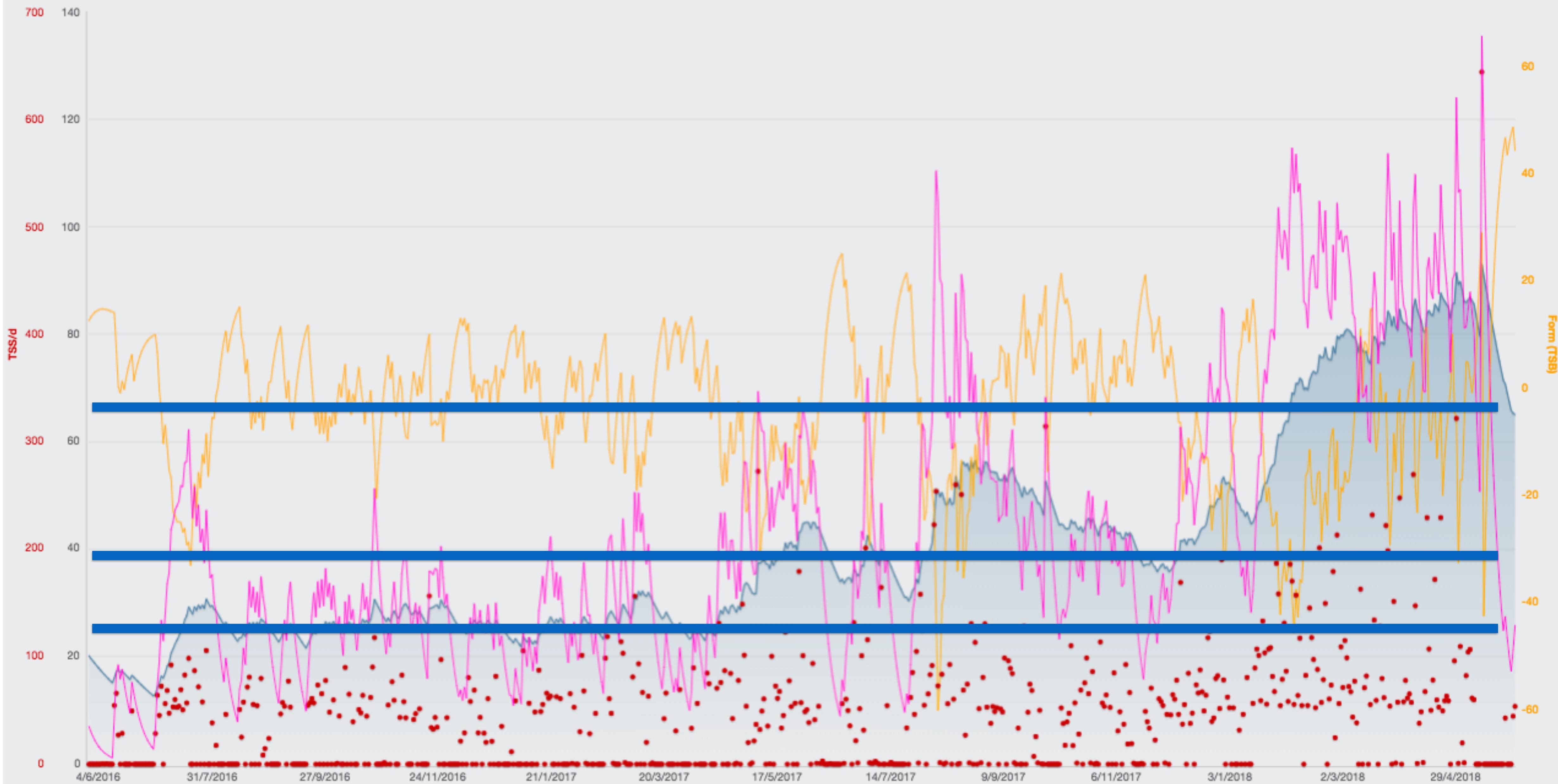
Performance Management - Workout Type: All Workout Types

Last 730 days



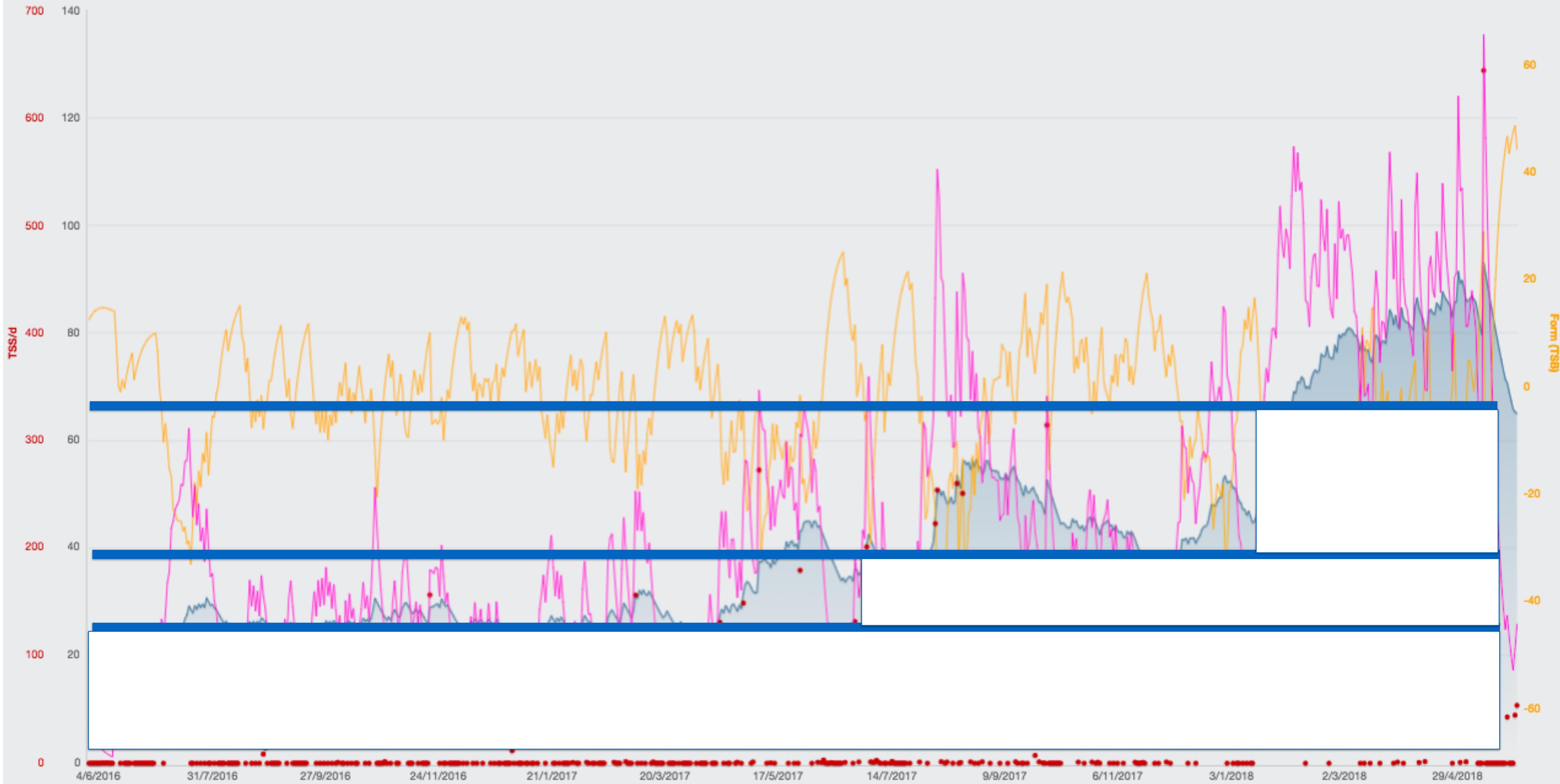
Performance Management - Workout Type: All Workout Types

Last 730 days



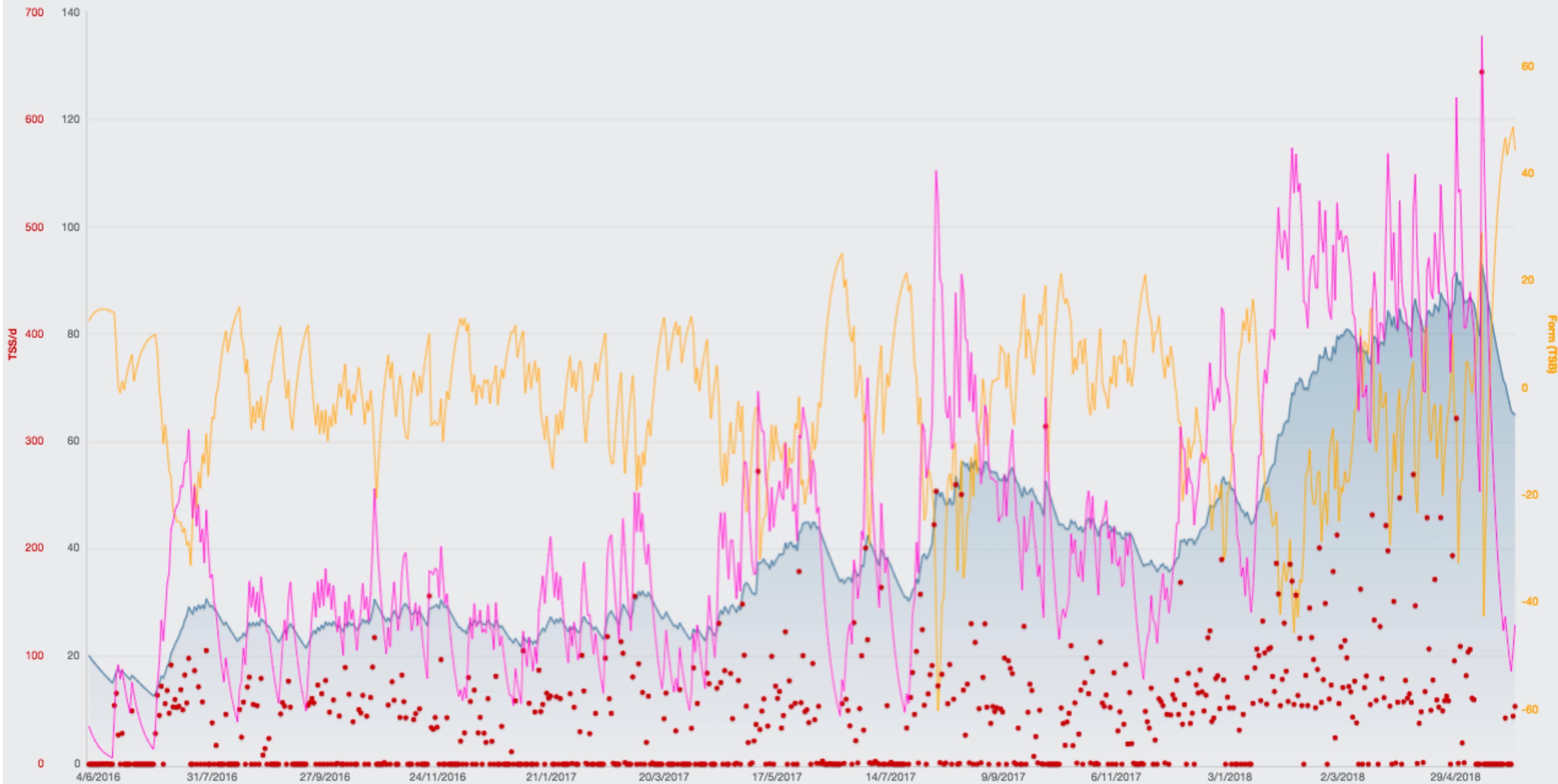
Performance Management - Workout Type: All Workout Types

Last 730 days



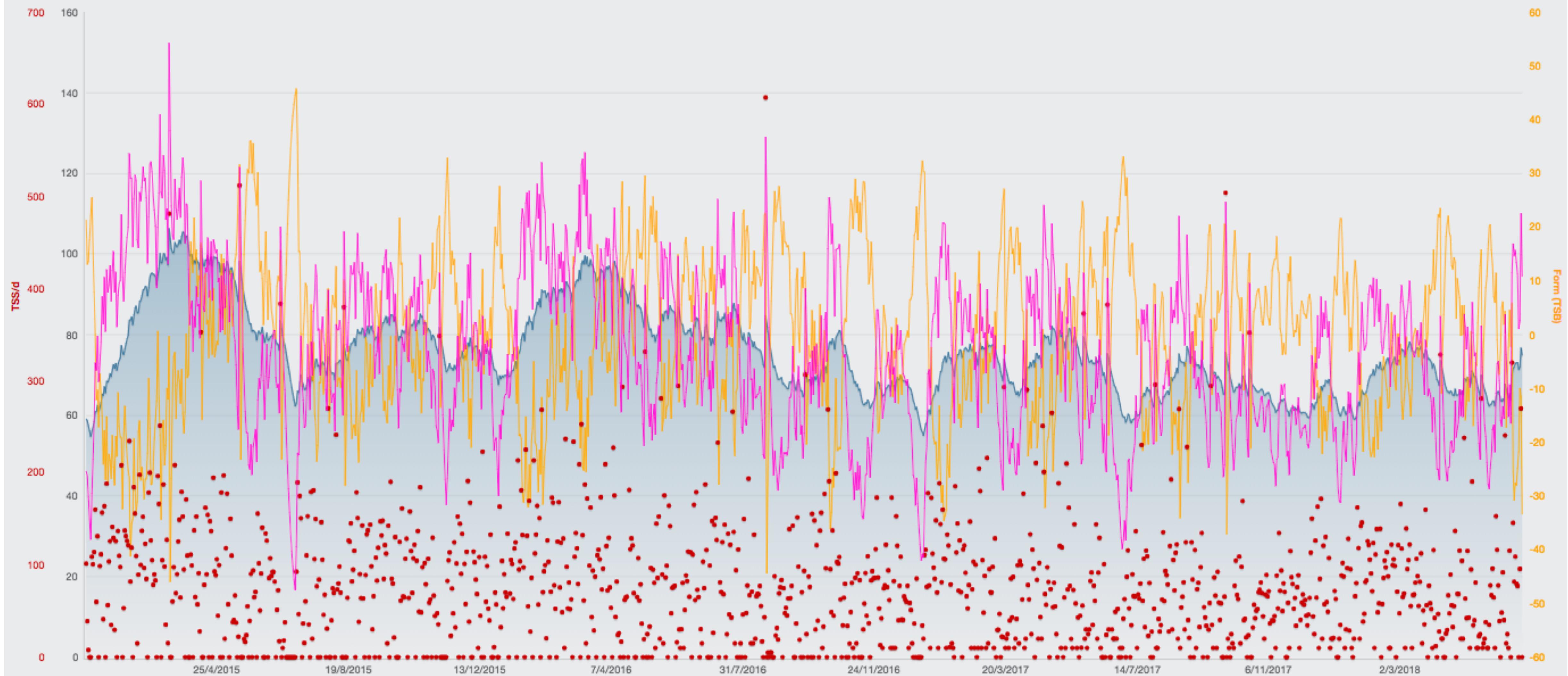
Performance Management - Workout Type: All Workout Types

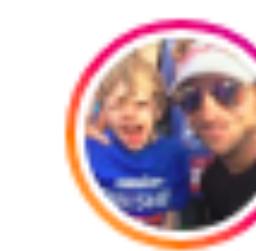
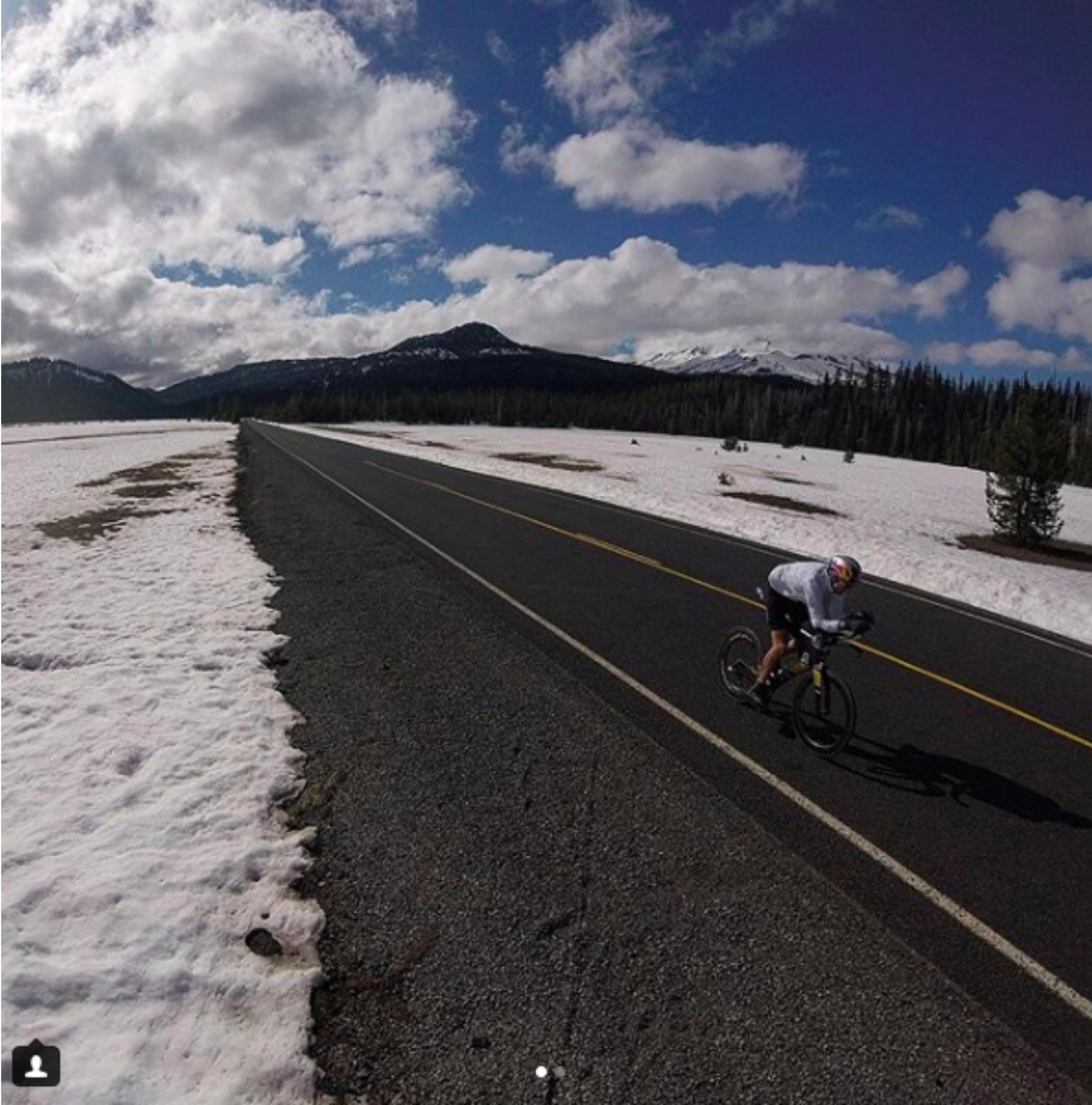
Last 730 days



Performance Management - Workout Type: All Workout Types

1/1/2015 - 18/6/2018





jessemthomas • Following
Bend, Oregon

Ride started with 2.5 hrs endurance building from ~ 220W to ~270W, then 8,6,4,6,8 min pyramid increasing effort on shorter intervals, I managed about 340W on both 8s, 365 on 6s and 405W on 4, each with 5 min easy between, then 30 min at IM effort (about 285W, but I was honestly a bit smoked). Ended up 100 mi in 4h15m about 255W average, 270 norm. For the super data geeks, I weigh about 175 lbs and the ride was 4k-6.5k ft elevation with 5k ft total climbing and a bit windy. .

Run started with 1.5 mile "quick IM pace" (about 6:05/mi) straight into 4x1k ~5:25-5:15/mi pace w/1.5 min float between (~7:30/mi pace), then 20 min at IM pace about 6:20-6:05, 1 mi cool down. 9 mi total about 6:05 average..

You can see all of the detail on my [@strava](#) page.



1,581 likes

1 DAY AGO

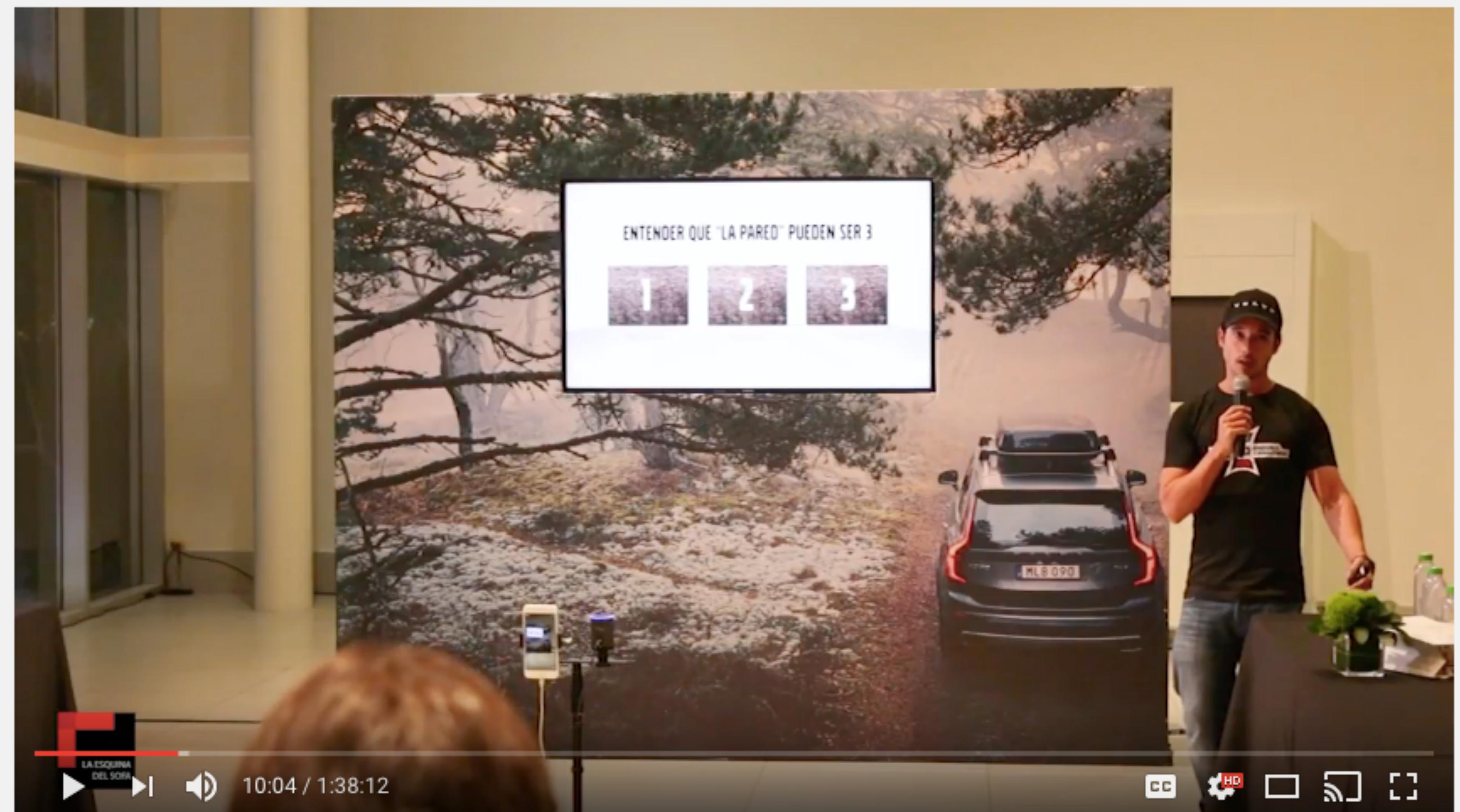


Add a comment...

...



Overall a solid session for me, especially coming off a big week. Not my best brick but not my worst. With kids and @pickybars, that's about the most volume I'll put in in the lead up to #challengeroth. My sciatic has really been bothering me in the aero position so it was good to see it improve slightly today and be able to hold decent speed and position for most of the ride (though I did get to do most of the hard efforts on climbs or rolling stuff to get out of aero a bit and alleviate the numbing). **The run was ok, felt a bit dehydrated, so a little sluggish (which was confirmed when I weighed myself after and was 167), gotta stay on top of the hydration even when it isn't super hot out there!** Overall feeling pretty decent heading into the last stretch of training.



#laesquinadelsofa - Nutrición e Hidratación para Maratón @ Volvo Cars RD



La Esquina del Sofa

Subscribed



124



Add to



Share



Hootlet

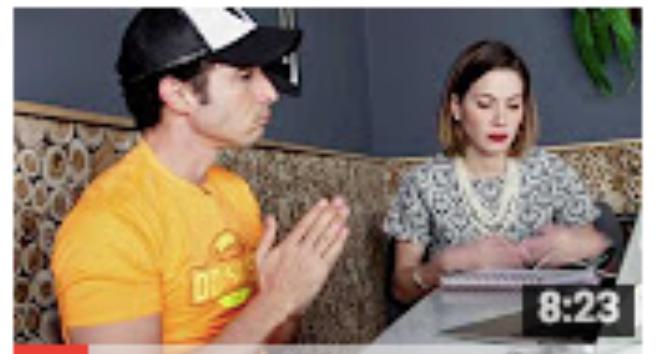
More

22 views

2 0

Up next

Autoplay



en #laesquinadelsofa 023 - ¿Base aeróbica o no base aeróbica ?

La Esquina del Sofa
79 views



#laesquinadelsofa -
Potenciómetro 201 + WKO4 -
Parte 2/2

La Esquina del Sofa
24 views



#laesquinadelsofa @ SDCorre
Radio - Base Aerobica para
Corredores

La Esquina del Sofa
9 views



The Law of Attraction
Explained Through Conor
McGregor - How to Visualize

Primed
61,325 views NEW



Potenciómetros / Power Meter
101

La Esquina del Sofa
2,284 views



Los pilares del Maratón (7)
Nutrición, hidratación y
descanso

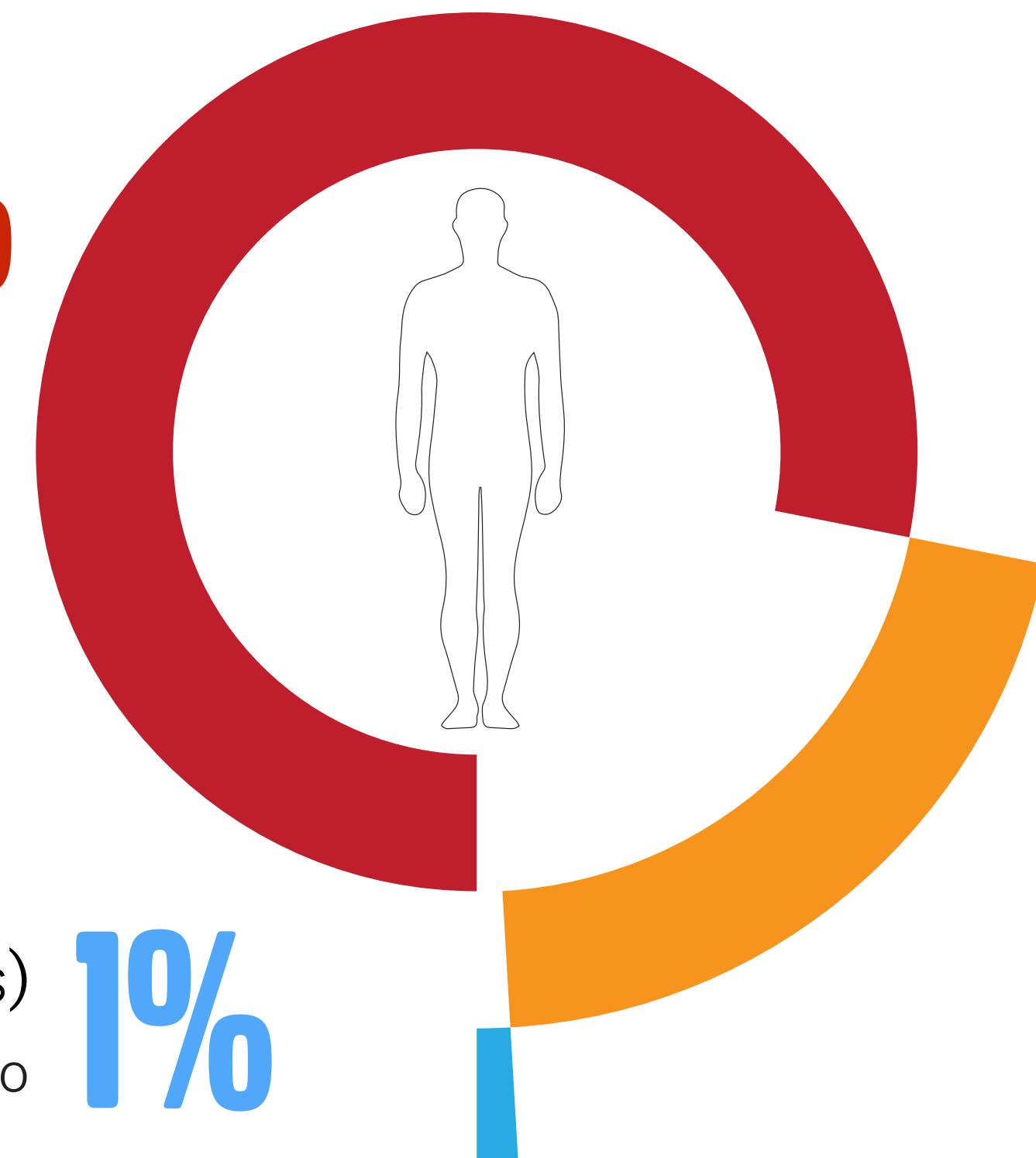
Pásate a SerranoTV

<http://laesquinadelsofa.com/nutricion-maraton-volvocarsrd/>

CALORÍAS TOTALES POR CARBOHIDRATO DEL CUERPO

(1,500 Calorías)
Glucógeno Muscular

78%



(20 Calorías)
Glucógeno Sérico

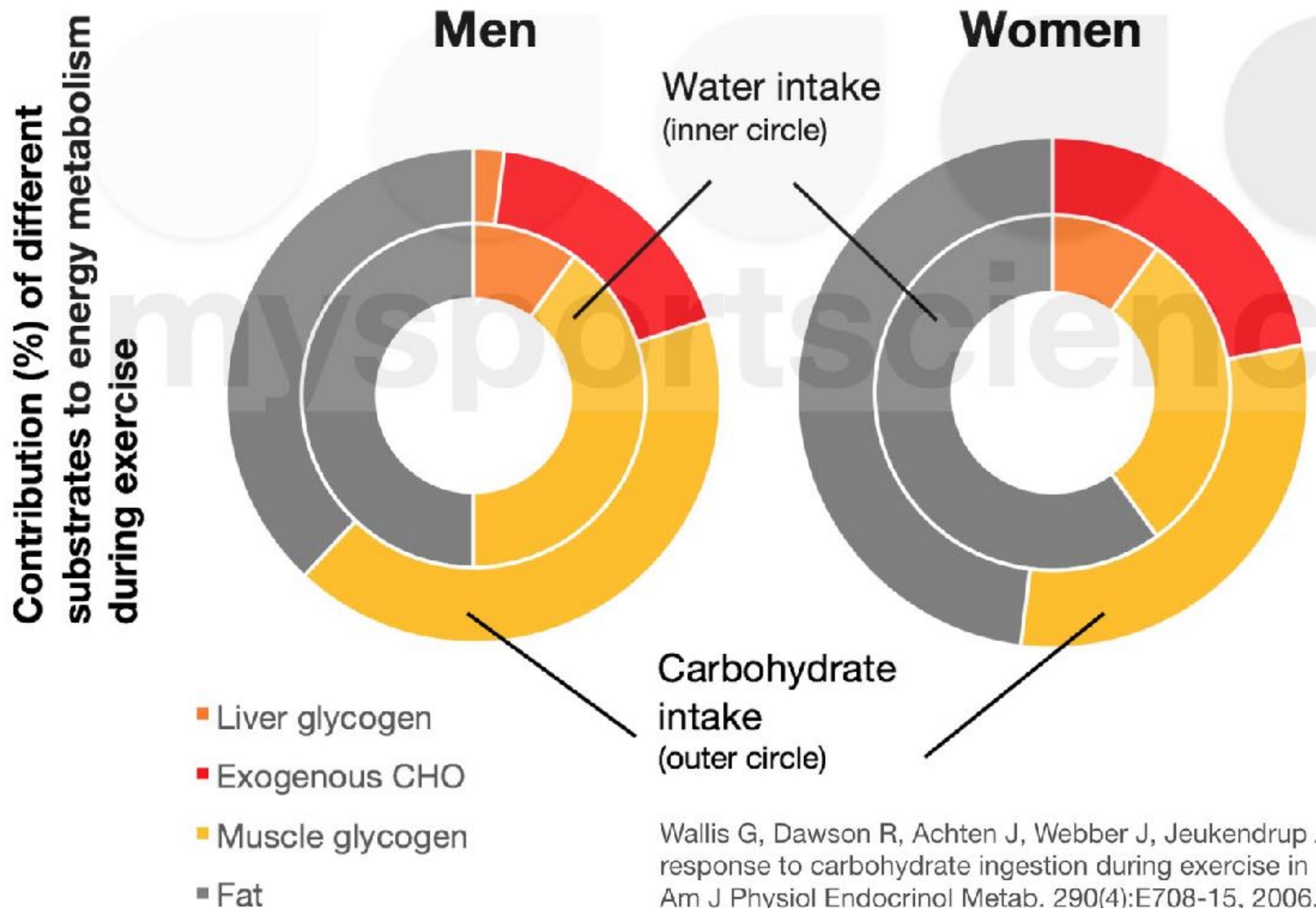
1%

(400 Calorías)
Glucógeno del Hígado

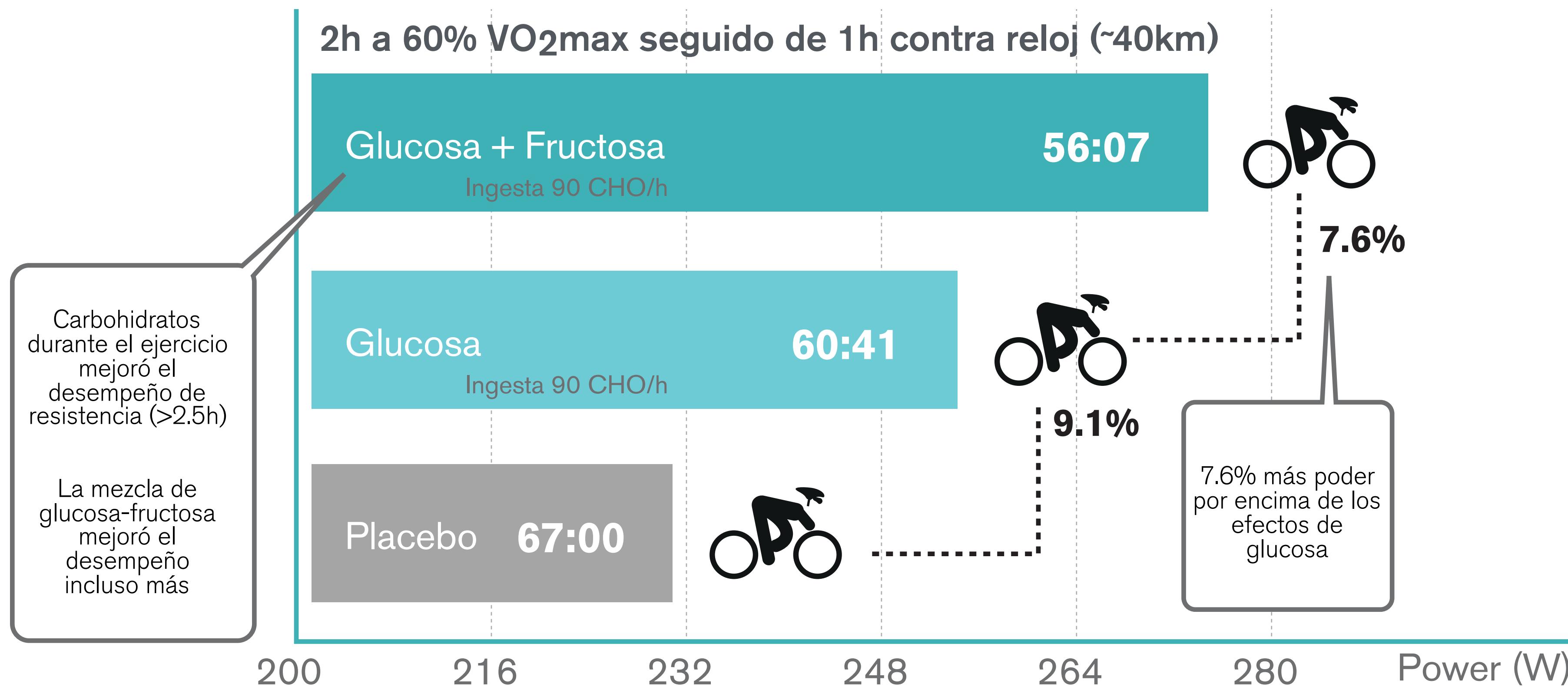
21%

No major differences in substrate use between men and women during prolonged exercise

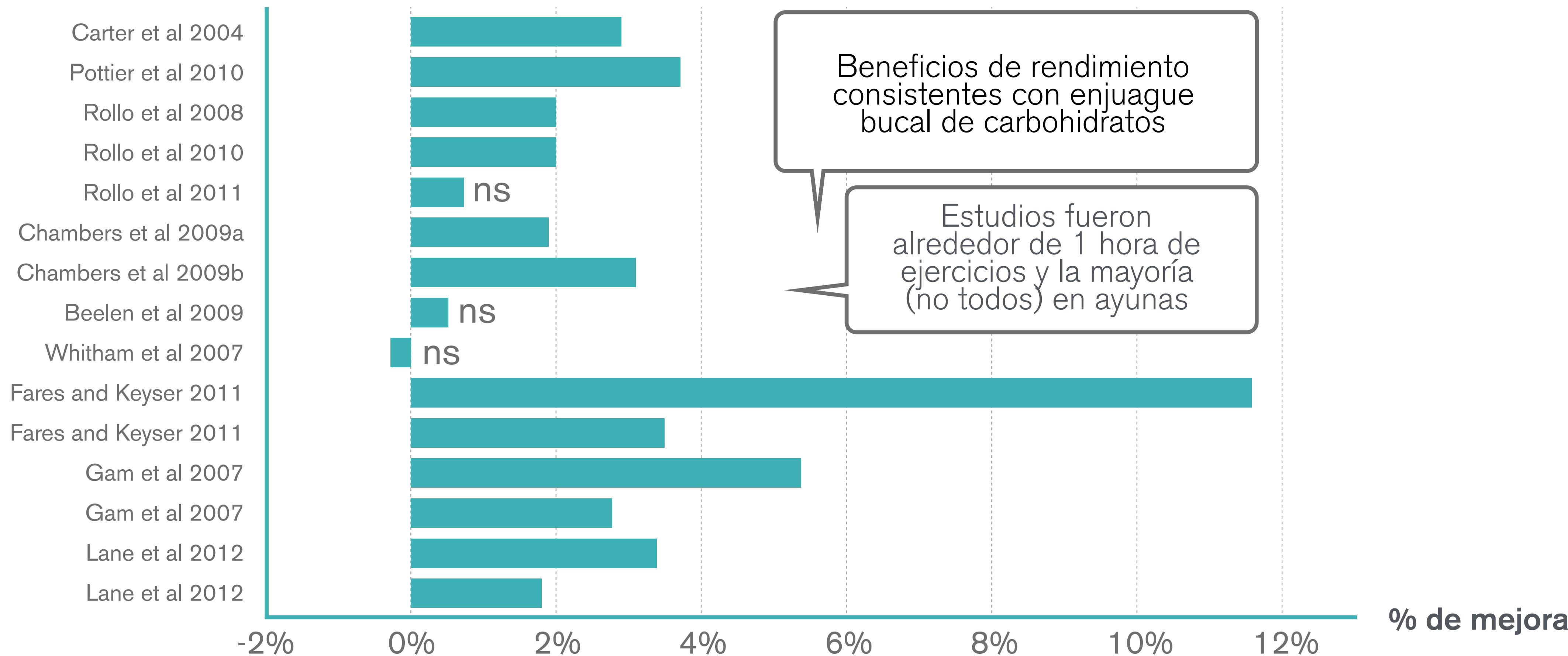
With (outer circle) or without (inner circle) carbohydrate feeding



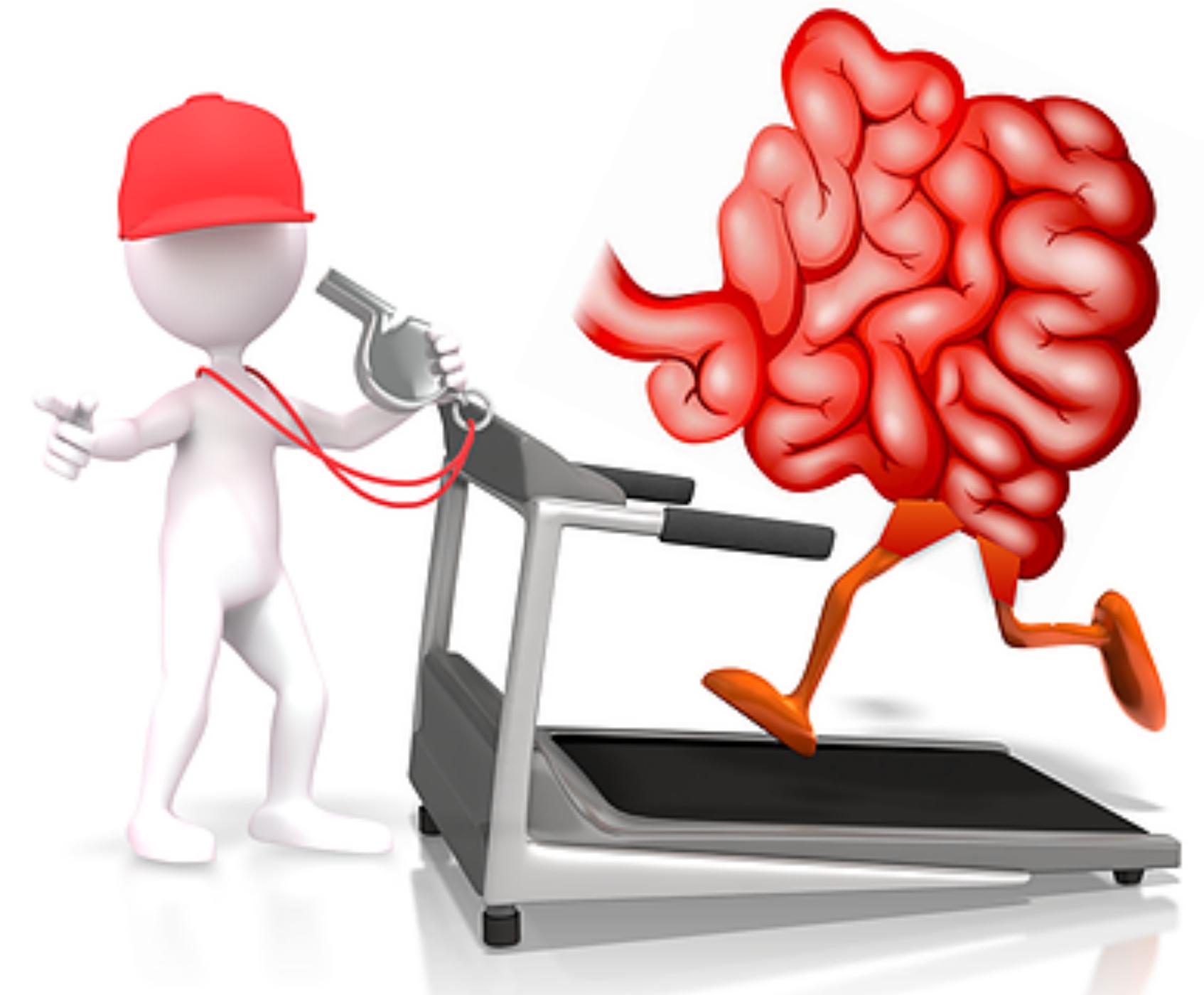
MEJOR DESEMPEÑO CON MEZCLAS DE CARBOHIDRATOS



EFECTOS DEL ENJUAGUE BUCAL CON CARBOHIDRATOS EN DESEMPEÑO Y RESISTENCIA

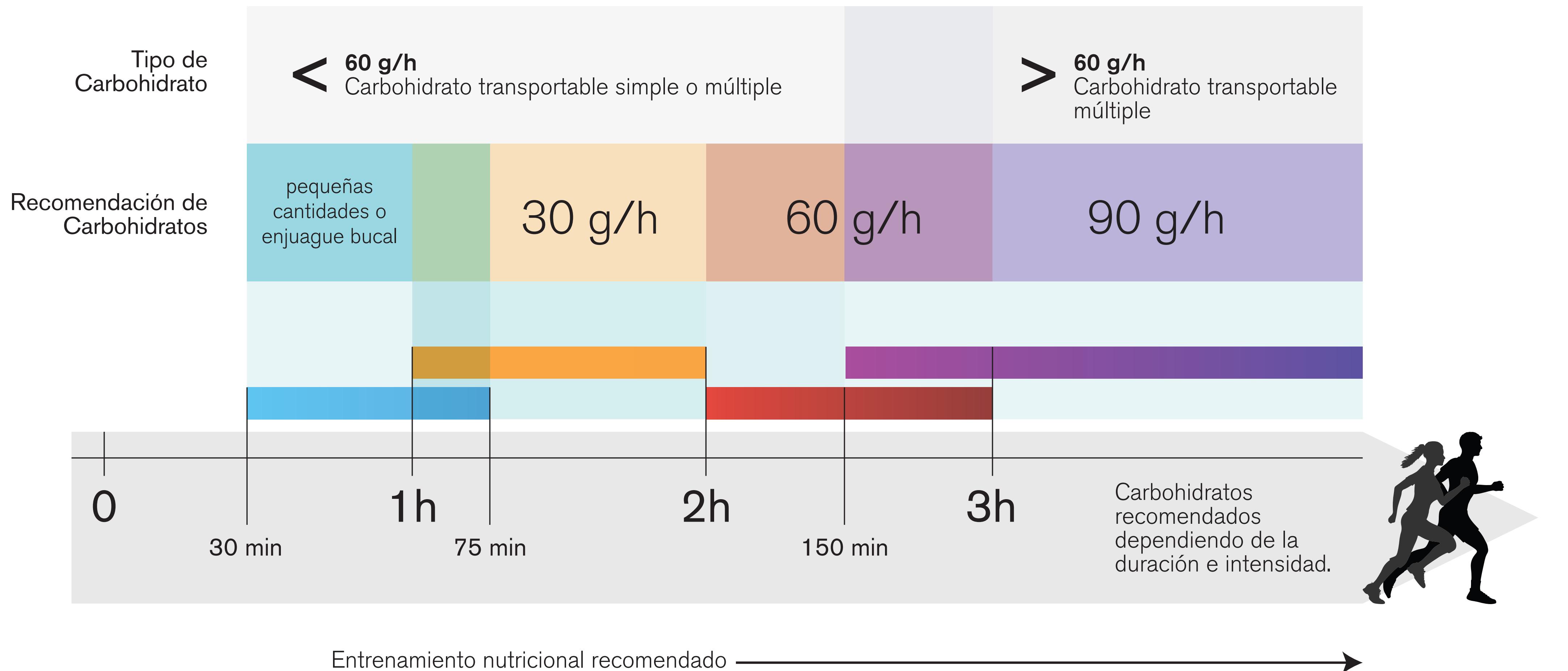


ENTRENANDO EL INTESTINO



- 1** Mejora del vaciado gástrico
- 2** Mejora de la absorción intestinal
- 3** Mejora confort estomacal
- 4** Reducción de problemas gastrointestinales

CUADRO DE INGESTA DE CARBOHIDRATOS RECOMENDADA DURANTE EL EJERCICIO

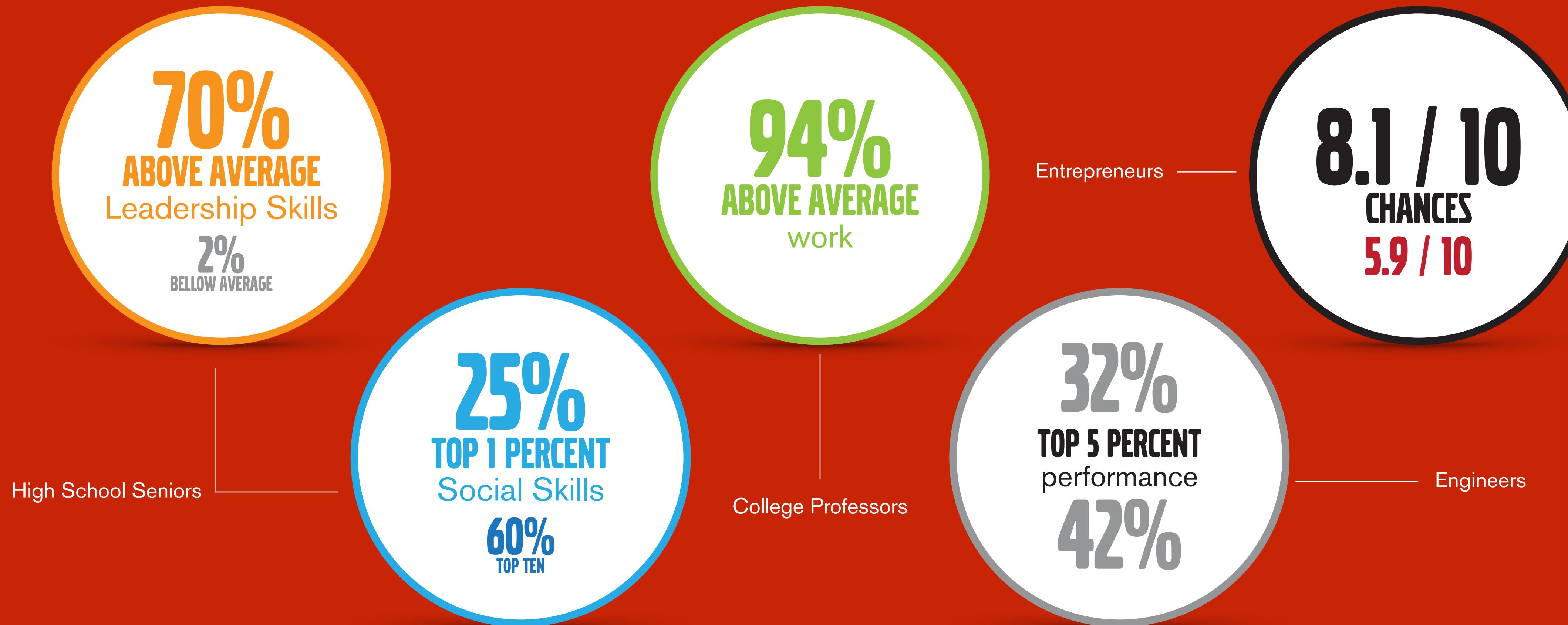


EN PERSPECTIVA





OPTIMISTAS O SOBREOPTIMISTAS



Geb 2:04:26 = 50.21% and 49.79%

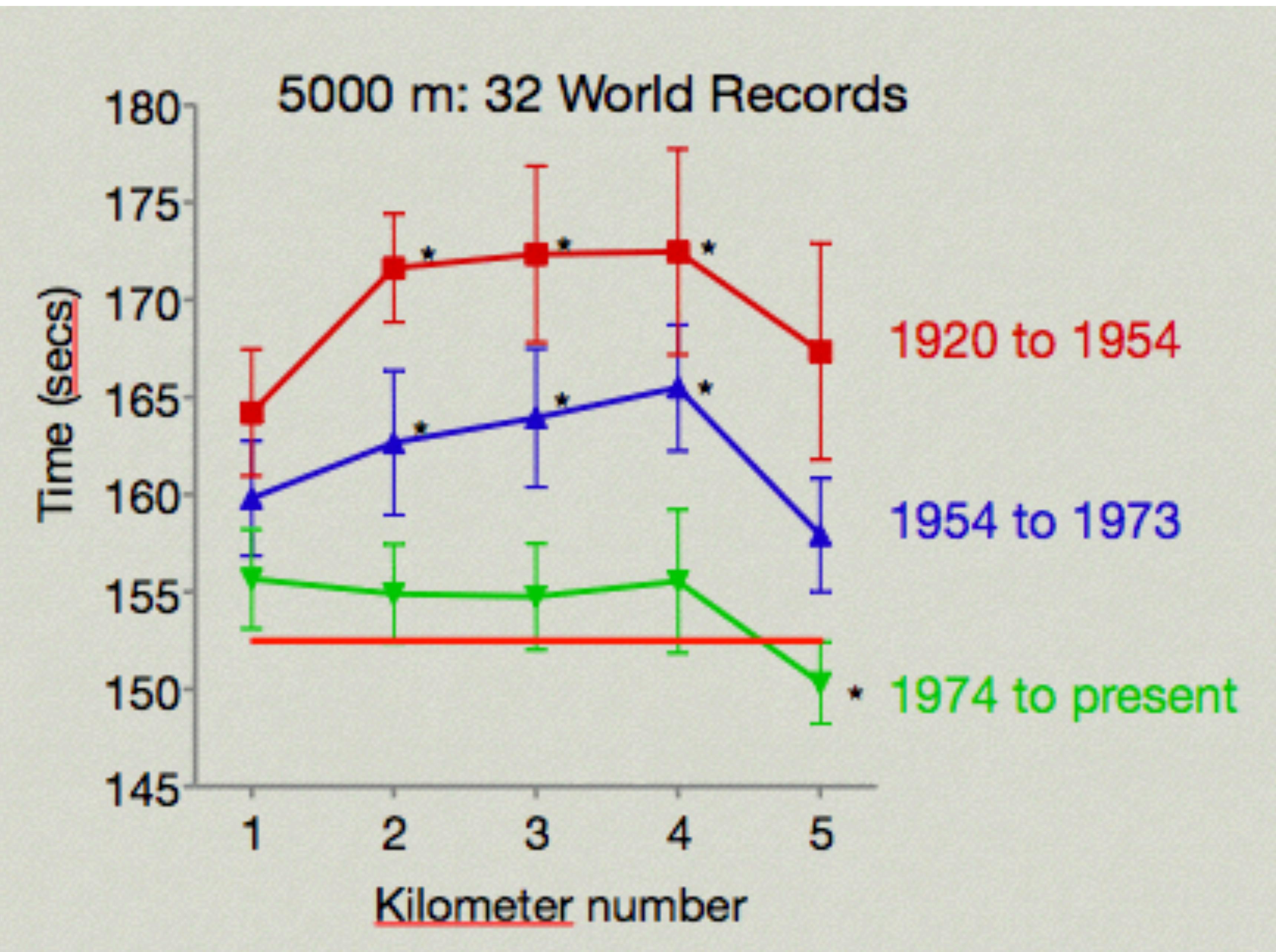
Geb 2:03:59 = 50.06% and 49.94%

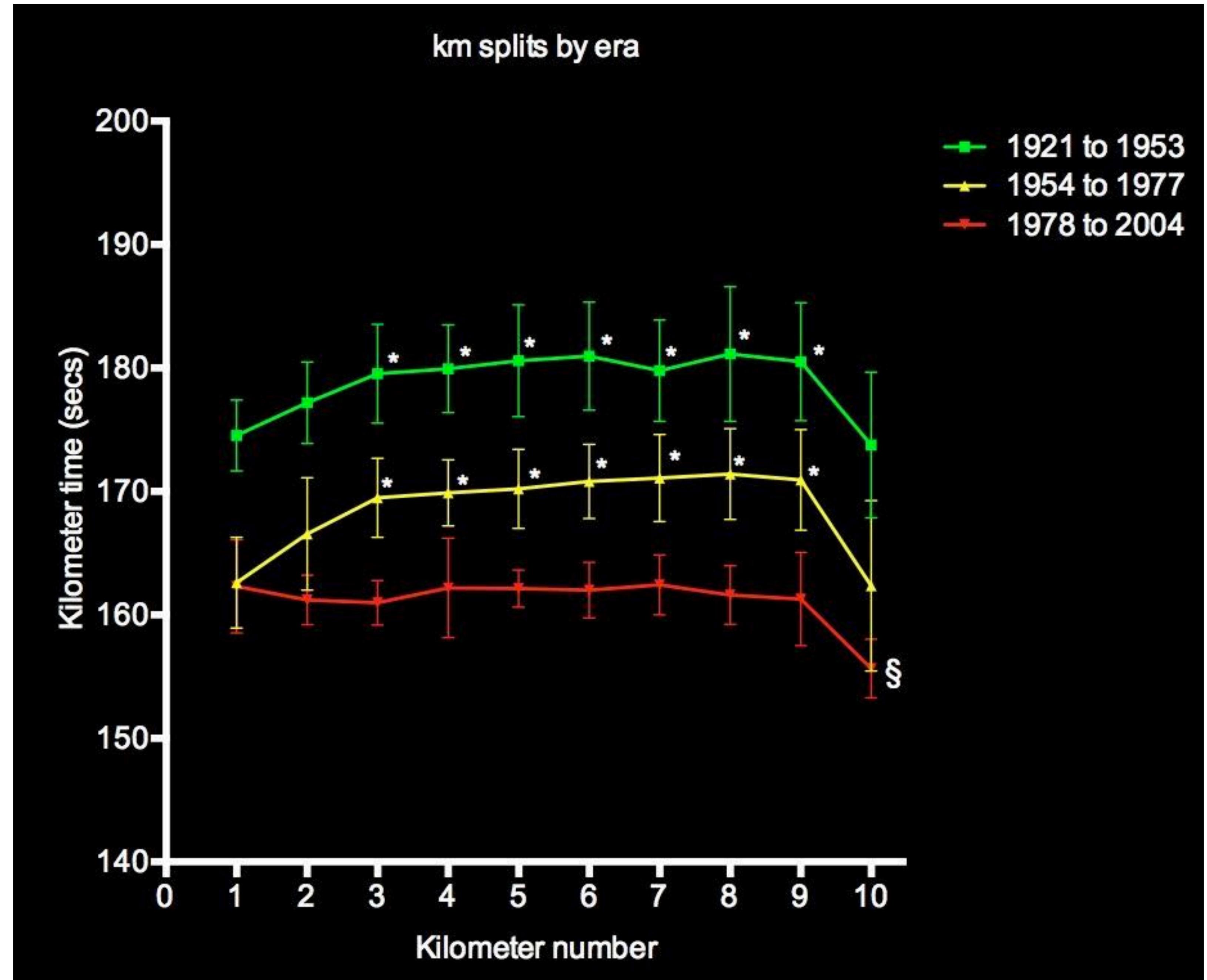
Makau 2:03:38 = 49.95% and 50.05%

Kipsang 2:03:26 = 49.87% and 50.13%

Kimetto 2:02:57 = 50.22% and 49.78%

OVERALL AVERAGE = 50.06% and 49.94%









myfitnesspal

Swipe to learn more

Sign Up

Log In

2,000 - 1,200 + 0 = 800

Goal Food Exercise Remaining

Breakfast 450 cal

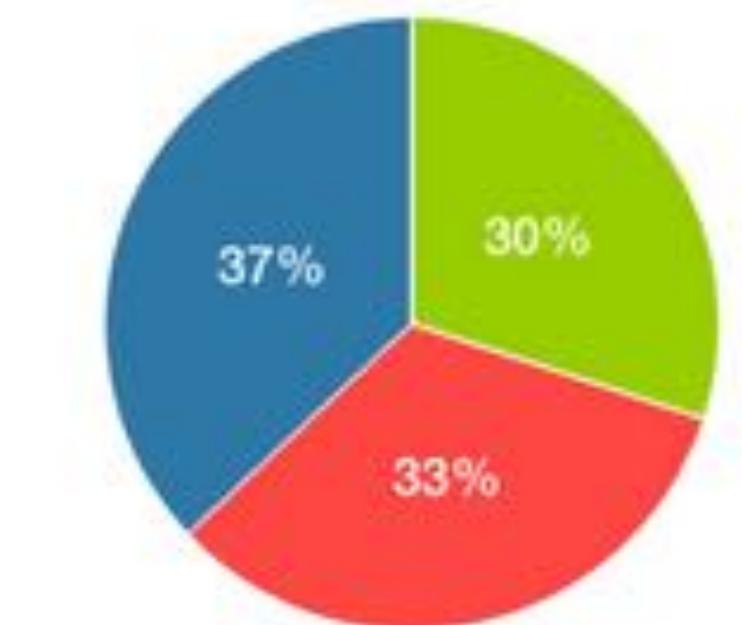
Semi Skimmed Milk Duchy Organic From Waitrose, 140 ml	66
Smooth Peanut Butter Meridian, 10 g	60
Pollen Bee Pollen, 1 tsp	12
Raisins - Seedless 15 g(s)	45
Flaxseed, Milled, Cocoa & Berries 100g Linwoods, 2 g	10
Impact Whey Deluxe (Chocolate Smooth) Myprotein, 30 g	110
Total Nutrigreen My Protein, 10 g	34
L-Glutamine Powder Muscleform, 6 g	20
Porridge Oats Waitrose Essentials, 25 g	92

Home Diary



Progress

More



	Total	Goal
Carbohydrates (107g)	37%	40%
Fat (41g)	33%	30%
Protein (87g)	30%	30%

Nutrition Goals

Fat 0 of 67 g 67g >

Saturated Fat 0 of 22 g 22g >

Polyunsaturated Fat 0 of 0 g 0g >

Monounsaturated Fat 0 of 0 g 0g >

Trans Fat 0 of 0 g 0g >

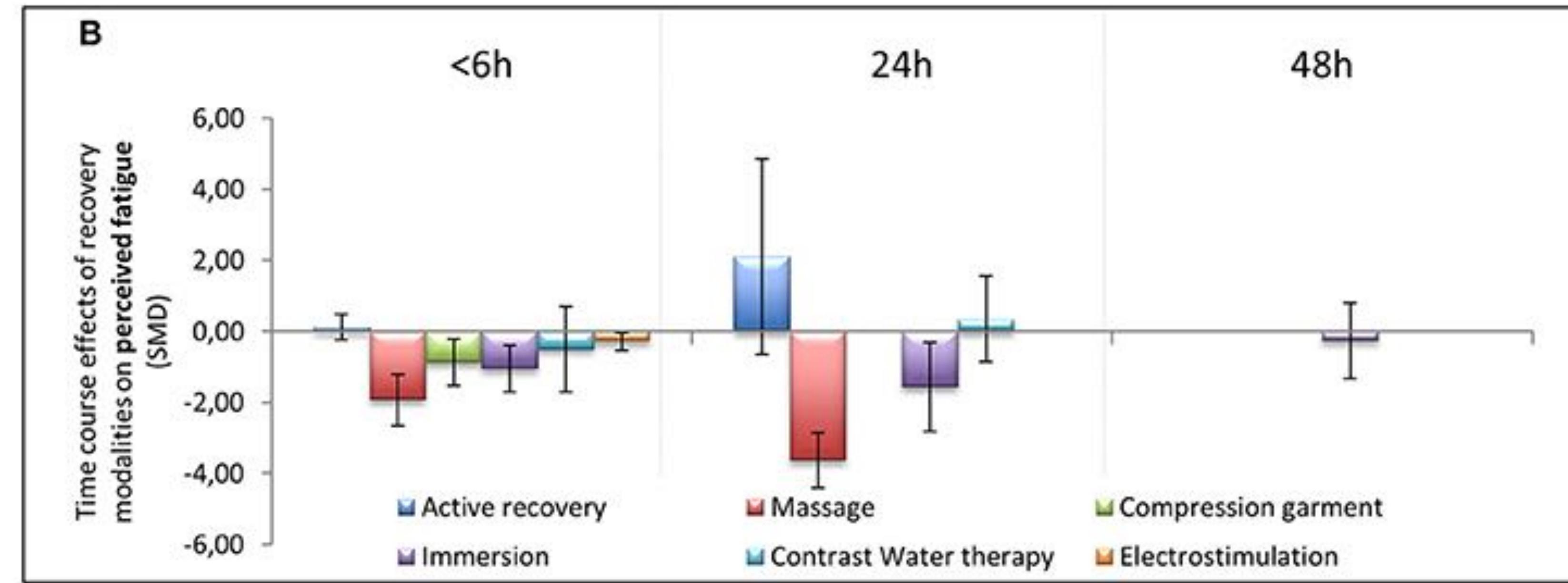
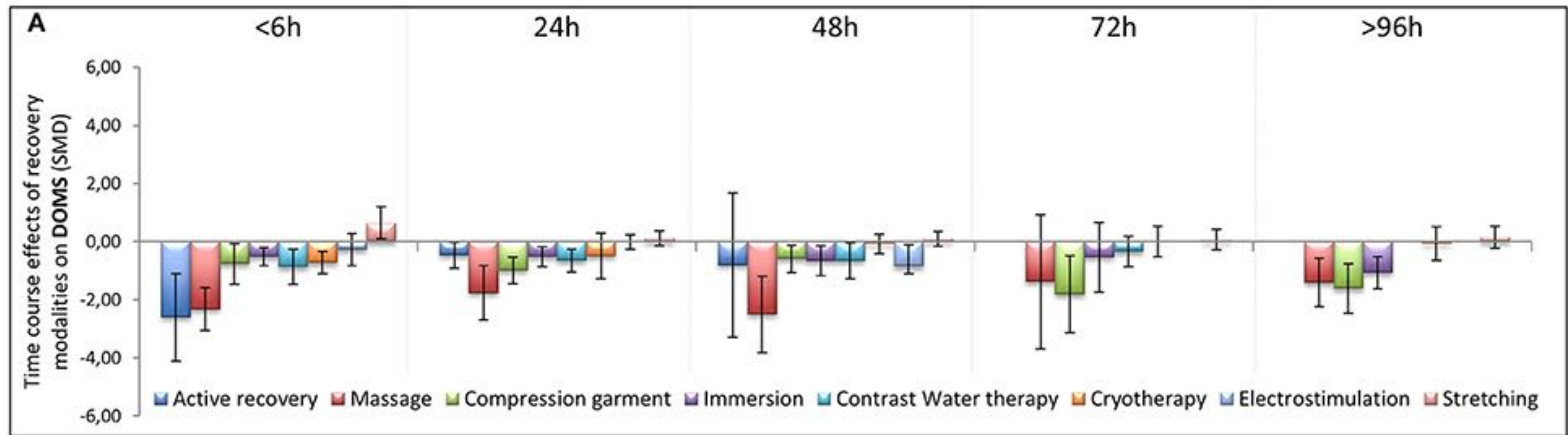
Cholesterol 0 of 300 mg 300mg >

Sodium 0 of 2,300 mg 2300mg >

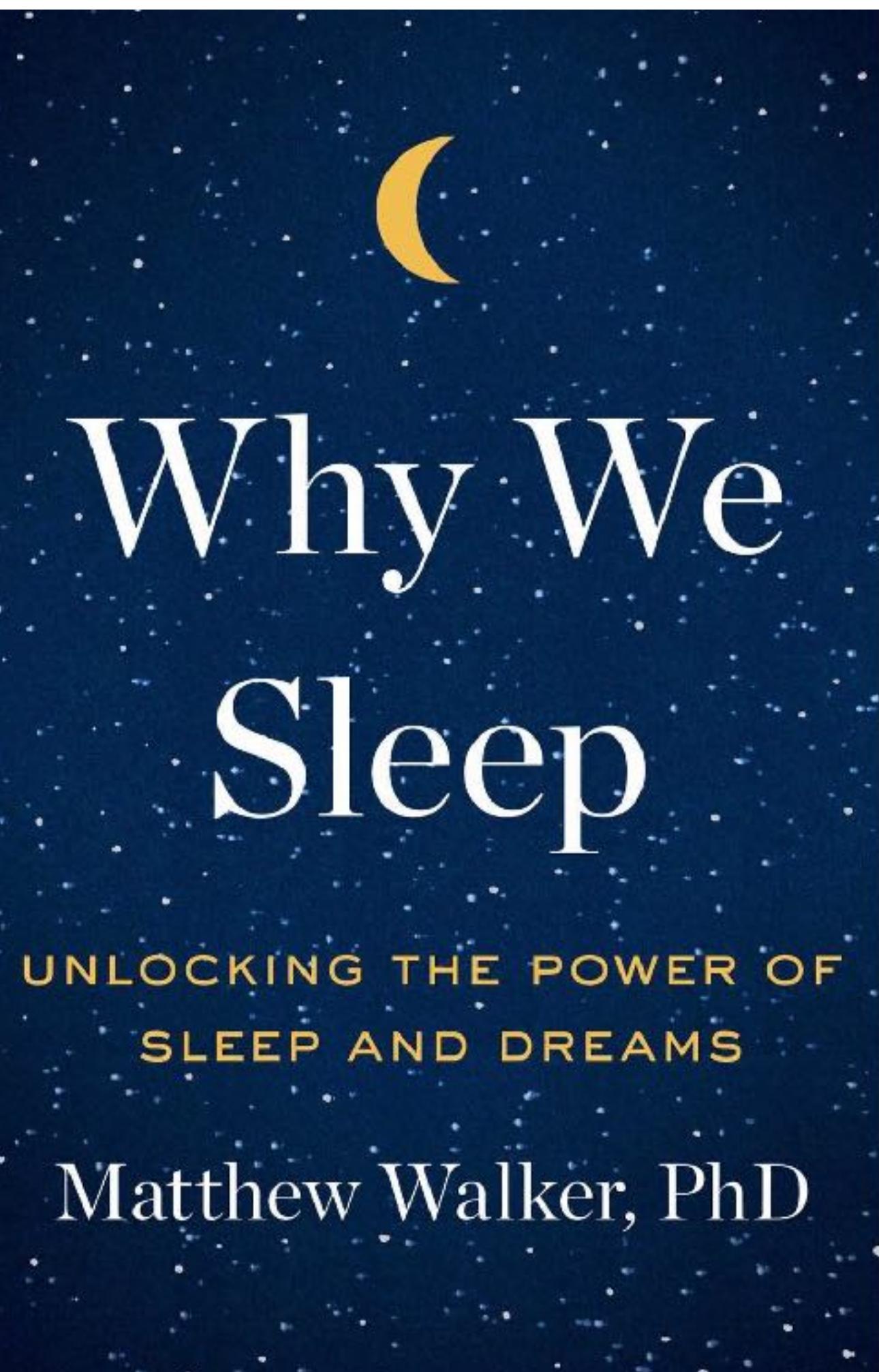
Potassium 0 of 3,500 mg 3500mg >

Carbohydrates 0 of 200 g 200g >









**JUST
HAVE
FUN.**





UNAWARE

¿Preguntas?

#laesquinadelsofa

@laesquinadelsofa

www.laesquinadelsofa.com





BodyMetrix™
By IntelMetrix®

STRYD

