



Coaching

Tony Lett, Head Coach, Trishton, Coast Road,
Porthtowan, Cornwall TR4 8AQ Tel 01209 891101
tonylett1@gmail.com.



AUGUST 2015

Coaching in Running and Fitness

The course at Newquay on Sunday Sept 6th is more or less full but if there is sufficient demand, a further course could be held at Carn Brea.

Leaders and Endurance Coach Workshop

Newquay Sports Centre on Monday 7th Sept.

TRUST 10K

The National Trust Saltrum, House, Plymouth will be held on the last Sunday of every month starting on 23rd August (except that this is not the last Sunday of the month!)

MAGNESIUM – the following is an extract from an article soon to appear in AW, with a few additions

When an athlete is tired; listless; low on energy(ATP); what is the first advice they receive?

‘Take a break and recharge your batteries’

Very few will consider a deficiency in magnesium being the cause and yet it is one of the most important, if not THE most important, essential mineral in the right quantity, that our bodies need to survive, hence, without it, you will die. Therefore if we do not ensure we have enough of it, not only are we jeopardizing our training and competing ability, we are putting our health at risk of picking up an infection or illness and even triggering cancer.

Other symptoms include:- muscle pain, shortness of breath, insomnia, depression, menstrual pain, high blood pressure, sluggishness due to a depletion to the CNS, and aggressive behaviour.

Athletes expend more energy than the average person therefore they will burn off more magnesium in the synthesising of ATP into energy.

So how do we know if we have enough magnesium?

A blood test will not show a deficiency BUT it must be requested as the tendency is to test for iron, since this is the mineral required for raising the Hb level of the oxygen carrying red blood cells used for transferring ATP energy to the muscles. So, if you go to your GP with any of the above symptoms it is worthwhile stressing that magnesium be included in the blood test.

Why does it become depleted?

Magnesium wards off such things as diabetes, Alzheimer's, glaucoma, fungal infections, stomach disorders, etc, so is it any wonder that athletes will further deplete the store.

How can it be maintained at the correct level?

The absorption of magnesium is inversely proportional to the intake of calcium. i.e. the greater the calcium intake in one meal from the likes of dairy products and eggs, the less will be the magnesium uptake. That is not to say that calcium-rich food should be totally avoided, because it is equally essential.

Not all foods contain similar amounts of magnesium. A simple example is the difference between wholemeal and white bread, where the latter has 75% less magnesium value due to the processing of the flour. Likewise, dark chocolate with as much as 85% cocoa, is far superior to milk chocolate. (Check out the labels, for this is a supplement I really like) NB. the higher the cocoa value the more bitter the chocolate.

The USDA Nutritional Database gives the following figures of milligrams of magnesium per 100mg

Roasted Pumpkin seeds	532
Almonds	300
Brazil nuts	225
Sesame seeds	200
Brown wholegrain rice	110
Wheat germ	
Wholemeal bread	85
Spinach	80
Most vegetables	20-30
Milk	10
Apples	4



Note; pumpkin seeds are available in supermarkets and health food shops. Simply through a handful in with the baked potatoes and keep them to mix with cereal or nibble like sweets. With so much pesticide and fertilizers being used in modern food production there is a tendency for the soil to lose some of its natural mineral capacity, making some of the figures dubious. Home grown is obviously better.

Small amounts of magnesium chloride can be found in sea water; which is one reason the Household Cavalry exercise their horses in the sea during the winter, so paddling can actually be good for you.

Transdermal magnesium chloride therapy (through the skin) is by far the most efficient way for the body to absorb magnesium, either through an oil rub, spray or by using magnesium flakes in a bath or foot-bath and soaking for 20-30 minutes. These products are available from health food suppliers or on Amazon (mag. Flakes @£7+/kg), or £5.84 at Superdrug for 500gm magnesium chloride (Epsom salts) and provide a solution to aid faster muscle recovery from pain and tears.

Failing that, magnesium tablet, are available but less effective.

Most of this information was extracted from *Transdermal Magnesium* by Mark Sircus, Ac., O.M.D