



Weight Gain for Athletes

*Athletes seeking to gain weight or “bulk up” for an upcoming season should set a goal within a ½ to 1 pound gain per week. A rate any faster than this can result in unwanted fat mass gain. Many athletes struggle to even gain a ½ pound per week of healthy weight gain. Below are some tips to help an athlete reach his or her mass gaining goal.

1. Athletes should add 400 to 500 extra calories per day. 3500 calories = 1 pound.
 - a. Peanut Butter and Jelly Sandwich and glass of milk = 350 calories
2. Athletes should eat something every 2 to 3 hours and within 30 minutes after exercise.
 - a. Up to 60% of your workout can be lost if you do not eat something within an hour of intense weight training. **60% was for nothing.**
3. Supplement milk, juice, or shakes in the place of water in order to add a couple hundred extra calories throughout the day.
 - a. Great for athletes who struggle to maintain enough hunger in order to gain.
4. Trail mix or Granola are healthy, calorie dense snacks that all athletes attempting to add mass should be eating throughout their days at school.
 - a. Even just a half cup of granola has 225 calories and 5 grams of protein. Perfect snack.
5. Start every single morning with a protein shake. Athletes training to gain weight need 0.7 to 0.9 grams per pound of body weight.
 - a. A 150 pound athlete needs 120 grams of protein per day!
6. Get in the Weightroom.

Percent of 1 Rep Max	Approximate # of Reps	Main Training Effect
95-100%	1 to 3 reps	Maximum Strength/Power
85-95%	3 to 6 reps	Strength
75-85%	6 to 10 reps	Hypertrophy (muscle building)