

# VODKA WEAKNESS

## Have a drink, lose strength

You get done with a tough training session, during which you kicked the PRs up a notch, and you feel invincible. You do well in competition and enjoy the same feeling of superiority. Frequently, this high is accompanied by partying—and drinking—with your fellow athletes. It is almost as if alcohol was a part of sport itself. But if you are a serious athlete, you know that at the end of the day, the *only* thing that matters is your sports performance. And *anything* that could hamper that is something that you should want to avoid like the plague. Some of you might not want to hear this, but alcohol could be one of the things you want to avoid. The reason is that alcohol seems to have a negative effect on your muscle physiology after training or competing—even if your last consumption dates back 36 hours.



**If you just competed or trained and have to hit it again soon, drinking alcohol could put a real damper on your performance.**

### Original Research

Barnes, M., et al. Post-exercise alcohol ingestion exacerbates eccentric-exercise induced losses in performance. *European Journal of Applied Physiology* 108:1009-1014, 2010.

**Power Key:** strength, negatives, alcohol