



**SHANGHAI UNIVERSITY SPORTS RESEARCH CENTER  
COLLEGE OF PHYSICAL EDUCATION**

**“SPORTS SCIENCE IN ANCIENT SPORT “**

Fueling your pahlevani sport..

the American sports science researchers recommends that the body composition of every Zurkhaneh sports athlete be assessed before the season. male pahlevani athletes older than 16 years with less than 5% body fat need medical clearance before they are allowed to compete.

\* high school and college zurkhaneh athletes need to eat at least 1700 to 2500 calories per day.

\* During very hard training, pahlevani athletes may need an additional 1000 calories per day.

\* pahlevani's athlete need 2.3 to 3.6 grams of carbohydrate per pound of body weight per day.

\* pahlevani's athlete need 0.55 to 0.8 grams of protein per pound of body weight per day. if calorie intake is restricted for quick weight loss, protein needs may increase to 0.9 grams per pound per day. good source of protein include fish, chicken, turkey, beef, low fat milk, yogurt, cheese, nuts..

\* pahlevani's athlete needs at least 0.45 grams of fat per pound of body weight per day. choose heart-healthy fats, such as olive oil and nuts.

Fluid Needs :

\* pahlevani's athlete often try to make weight by dehydrating themselves. this is very dangerous.

\* Dangerous weight-loss practices include riding an exercise bike in a rubber suit in a steam room. using diuretics and laxatives , drinking nothing or very little, and even spitting. these dehydration practices strain your heart and lungs and can cause severe health problems.

\* Dehydration also decreases strength and performance .

\* some pahlevani's athlete believe they can lose weight for the weigh-in through dehydration and then rehydrate before the match or the event. that is false belief. it takes up to 6 hours for your body to reach normal hydration.

- \* drink 2 cups of fluids 2 hours before the event or your match.
- \* drink an other cup of fluid 15 minutes before exercise.
- \* when possible , drink 1/2 cup of fluid every 15 to 20 minutes during practice.
- \* after practice or your event , weigh yourself and drink about 3 cups of fluids for every pound you lost through sweat while you were active.
- \* choose sport drinks to replace electrolytes lost in sweat.
- \* eat foods a lot of water in them such as grapes, watermelon, apples, celery, peaches, lettuce and cucumbers.

Sports Nutrition tips for zurkhaneh sports and pahlevani athletes :

- \* Assess body fat composition pre-season. pahlevanan with 5 percent or lower body fat cannot afford further weight loss without loss of muscle weight. healthy fat percentages for pahlevanan range between 7-15 percent.
- \* weigh pahlevanan before and after practice for fluid weight loss but assess body fat loss by a weekly change in weight on the scale. if weight loss is achievable pahlevanan can safely lose 1-3 pounds of body fat per week. remember for each pound of body weight lost during a zurkhaneh practice, pahlevanan need to drink 3 cups of fluid per pound to replace muscle fluid levels.
- \* pahlevanan need to drink a minimum of 80-96 oz of fluids per day such a Gatorade , water, juices, decaffeinated beverages, milk. have zurkhaneh athletes keep a LOG of fluid intake early in the season to make sure they are adequately hydrated.  
pahlevanan should drink at least 1 cup of fluid every 15-20 minutes during zurkhaneh practice. pahlevanan trying to lose weight need to eat a minimum of 1500 calories per day with a focus on adequate carbohydrate, protein and lower fat foods, eating frequent small meals.

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