



CANOE KAYAK
ONTARIO
SPRINT

2024 Spring Training Camp Resource Package

Florida High Performance Training Camp Edition



CKO Sprint Spring Training Resource Package

Table of Contents

Resource Package Overview	3
Spring Training Packing List	4
Training Camp Cleaning Checklist	5
Assistance with School Absences	6
School Work Planner	7-8
Simplified Training Zone Chart	9
Customized Training Camp Nutrition Schedules	10-11
Training Camp Meal Planning	12-13
Performance Nutrition Foundations	14-15
Mental Performance - Goal Setting	16-18
CSIO Mental Health Resources	19-21

CKO Sprint Spring Training Resource Package

Overview

Dear Athletes,

Welcome to our Spring Training Camp Resource Package and congratulations on your commitment to excellence! We are thrilled to provide you with a comprehensive resource package that includes a packing list, a cleaning checklist, assistance with school, a training zone chart, nutrition resources, and mental health resources.

As you prepare for the camp, be sure to pay close attention to the packing list and include any necessary first aid items such as blister dressings and other injury preventatives. Please note that some over-the-counter first aid items in Canada require prescriptions in the US, so it is advisable to bring them with you to prevent any training interruptions.

Our team dietitian, Holly Pitters, has curated customized nutrition resources to help you with meal planning, grocery shopping, and nutrition tips.

The simplified training zone chart is designed to provide you with a deeper understanding of pacing, stroke rates, and training zones.

The cleaning checklist resource is designed to help divide duties among roommates at the training camp. This resource will ensure that everyone has a clear understanding of their responsibilities and will help to keep the living quarters organized and tidy.

Training at a high level can bring both physical and mental challenges, and being away from home for an extended period of time can add additional stressors. The Canadian Sport Institute of Ontario (CSIO) has included a package of mental health resources in the resources package to help athletes manage the challenges and stress that may arise during a spring training camp. It is recommended for athletes to explore these resources before arriving at the camp and to remember that taking care of both physical and mental health is crucial for a successful and fulfilling training experience.

All of these resources and more are conveniently available online at ckosprint.ca/spring-training-resources. We hope that these resources will assist you in making the most of your training camp experience and wish you the best of luck in your training journey.

Sincerely,

Hayley Plante
CKO Sprint Athlete Services Manager
hayley@ckosprint.ca

Spring Training Camp Packing List



		QTY		QTY		QTY		QTY		QTY
Basics	<input type="checkbox"/>	Water Bottles	<input type="checkbox"/>	Textbooks	<input type="checkbox"/>	Phone Charger	<input type="checkbox"/>	Electrical Tape	<input type="checkbox"/>	Backpack
	<input type="checkbox"/>	Passport	<input type="checkbox"/>	Notepad	<input type="checkbox"/>	Headphones	<input type="checkbox"/>	Boat Weights	<input type="checkbox"/>	Supplements
	<input type="checkbox"/>	USD Cash	<input type="checkbox"/>	Laptop	<input type="checkbox"/>	GPS Watch	<input type="checkbox"/>	Butt Pad	<input type="checkbox"/>	Favourite Spices
	<input type="checkbox"/>	Sunglasses	<input type="checkbox"/>	Pens/Pencils	<input type="checkbox"/>	GPS Charger	<input type="checkbox"/>	Paddle	<input type="checkbox"/>	
	<input type="checkbox"/>	Copy of Travel Insurance	<input type="checkbox"/>	School Work	<input type="checkbox"/>	Watch Holder	<input type="checkbox"/>	Spray Skirt	<input type="checkbox"/>	
	<input type="checkbox"/>	Copy of Flight Information	<input type="checkbox"/>	Calculator	<input type="checkbox"/>	Resistor	<input type="checkbox"/>	Lacrosse Ball	<input type="checkbox"/>	
	<input type="checkbox"/>	Copy of Passport	<input type="checkbox"/>	Training Journal	<input type="checkbox"/>	Heart Rate Monitor	<input type="checkbox"/>	Extension Cord	<input type="checkbox"/>	
Clothing	<input type="checkbox"/>	Underwear	<input type="checkbox"/>	Sport Bras	<input type="checkbox"/>	T-Shirts	<input type="checkbox"/>	Bathing Suit	<input type="checkbox"/>	
	<input type="checkbox"/>	Socks	<input type="checkbox"/>	Training Tank Top	<input type="checkbox"/>	Long Sleeves	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>	Pajamas	<input type="checkbox"/>	Training T-Shirt	<input type="checkbox"/>	Sweaters	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>	Running Shoes	<input type="checkbox"/>	Training Long Sleeve	<input type="checkbox"/>	Shorts	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>	Gym Shoes	<input type="checkbox"/>	Vest	<input type="checkbox"/>	Long Pants	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>	Sandals	<input type="checkbox"/>	Short Spandex	<input type="checkbox"/>	Sweatpants	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>	Hat	<input type="checkbox"/>	Long Spandex	<input type="checkbox"/>	Jacket	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>	Buff	<input type="checkbox"/>	Running Shorts	<input type="checkbox"/>	Rain Coat	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
Hygiene	<input type="checkbox"/>	Tooth Brush	<input type="checkbox"/>	Deodorant	<input type="checkbox"/>	Aloevera	<input type="checkbox"/>	First Aid Kit	<input type="checkbox"/>	
	<input type="checkbox"/>	Tooth Paste	<input type="checkbox"/>	Bug Repellant	<input type="checkbox"/>	Hair Brush	<input type="checkbox"/>	Band Aids	<input type="checkbox"/>	
	<input type="checkbox"/>	Shampoo	<input type="checkbox"/>	Moisturizer	<input type="checkbox"/>	Loofa	<input type="checkbox"/>	Anti-Inflammatory	<input type="checkbox"/>	
	<input type="checkbox"/>	Conditioner	<input type="checkbox"/>	Vaseline	<input type="checkbox"/>	Muscle Cream	<input type="checkbox"/>	(aspirin) Polysporin	<input type="checkbox"/>	
	<input type="checkbox"/>	Body Wash	<input type="checkbox"/>	Razor	<input type="checkbox"/>	Dental Floss	<input type="checkbox"/>	Ear/Eye Drops	<input type="checkbox"/>	
	<input type="checkbox"/>	Soap	<input type="checkbox"/>	Q-Tips	<input type="checkbox"/>	Mouth Wash	<input type="checkbox"/>	Tweezers	<input type="checkbox"/>	
	<input type="checkbox"/>	Face Wash	<input type="checkbox"/>	Medications	<input type="checkbox"/>	Lip Balm	<input type="checkbox"/>	Nail Clippers	<input type="checkbox"/>	
	<input type="checkbox"/>	Sunscreen	<input type="checkbox"/>	Vitamins	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

Spring Training Camp Cleaning List



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY
<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Sweep Kitchen floor <input type="checkbox"/> Take out trash <input type="checkbox"/> Laundry <input type="checkbox"/> Tidy living space <input type="checkbox"/> Tidy Bedrooms	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Take out trash <input type="checkbox"/> Clean kitchen counters <input type="checkbox"/> Laundry	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Sweep Kitchen floor <input type="checkbox"/> Check fridge and pantry for expired food <input type="checkbox"/> Tidy living space <input type="checkbox"/> Tidy Bedrooms <input type="checkbox"/> Clean bathroom (sink, toilet, shower)

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY
<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Sweep Kitchen floor <input type="checkbox"/> Take out trash <input type="checkbox"/> Laundry <input type="checkbox"/> Tidy living space <input type="checkbox"/> Tidy Bedrooms	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Take out trash <input type="checkbox"/> Clean kitchen counters <input type="checkbox"/> Laundry	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Sweep Kitchen floor <input type="checkbox"/> Check fridge and pantry for expired food <input type="checkbox"/> Tidy living space <input type="checkbox"/> Tidy Bedrooms <input type="checkbox"/> Clean bathroom (sink, toilet, shower)

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY
<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Sweep Kitchen floor <input type="checkbox"/> Take out trash <input type="checkbox"/> Laundry <input type="checkbox"/> Tidy living space <input type="checkbox"/> Tidy Bedrooms	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Take out trash <input type="checkbox"/> Clean kitchen counters <input type="checkbox"/> Laundry	<input type="checkbox"/> Make bed <input type="checkbox"/> Wash dishes <input type="checkbox"/> Sweep Kitchen floor <input type="checkbox"/> Check fridge and pantry for expired food <input type="checkbox"/> Tidy living space <input type="checkbox"/> Tidy Bedrooms <input type="checkbox"/> Clean bathroom (sink, toilet, shower)

Note: It is recommended to divide the tasks among roommates living in the apartment to ensure that the cleaning is done efficiently and everyone has a role.

Spring Training: Assistance with School Absences

It is important to effectively communicate your spring training plans with your educators. An in-person meeting, if possible, can be more impactful and personalized, allowing you to express your commitment to your education and address any concerns they may have. However, if that is not feasible, an email can also be an effective way to communicate your plans. The email template provided below can serve as a starting point to help you organize your thoughts and make sure you have covered all the important details.

When communicating with your educators, it is essential to emphasize your dedication to maintaining your academic progress during your absence. You may also consider asking for their help in getting ahead with your work before you leave, making the transition smoother. Don't forget to ask for the following information:

- Units that will be covered during your absence
- List of assigned readings and any accompanying materials
- Homework and assignments that will be due during your absence
- Scheduled tests or exams and if they can be proctored or deferred
- List of necessary materials to bring, such as textbooks or calculators

By being proactive and thorough in your communication with your teachers, you can ensure that you are fully prepared and equipped to maintain your academic progress while participating in your spring training camp.

Email Template

Subject: Absence for Spring Training Camp in Florida - [Start Date] to [End Date]

Dear [Educator's Name],

I am writing to inform you that I will be attending the Spring Training Camp for Sprint Kayaking [or Canoeing] with Canoe Kayak Ontario Sprint. The camp will be held in Florida from [Start Date] to [End Date], and I am eager to attend and improve my skills in this sport.

This is an important training opportunity for me. Sprint kayaking is a sport that requires intense focus, discipline, and physical training, and this camp will provide me with the necessary environment to develop these skills. I am dedicated to making the most of this experience and I believe that it will positively impact my personal and academic growth.

I was hoping to get some information from you regarding the assigned reading, homework, assignments, and tests that I will be missing during my absence. I would also like to inquire if there is a possibility of proctoring any tests or postponing them until my return. I am committed to keeping up with my school work, there will be a designated space to study every day while I am away, as well as many other student athletes to study with. It would be really helpful to sit down and put together a planner to assist with keeping up with my school work and assignments while I'm away. I was also wondering if you have any suggested online tools, such as video tutorials, that can assist me with my homework.

I appreciate the extra work that this may require from you and I am grateful for your support in helping me plan ahead. If you need to communicate with me, I will be checking my email regularly, and I will be more than happy to stay in touch.

Thank you for your understanding and support. I am looking forward to sharing my experience with you upon my return.

Best regards,

[Your Name]

Training Camp Homework Planner

SUNDAY

Date: _____

- _____
- _____
- _____
- _____

MONDAY

Date: _____

- _____
- _____
- _____
- _____

TUESDAY

Date: _____

- _____
- _____
- _____
- _____

WEDNESDAY

Date: _____

- _____
- _____
- _____
- _____

THURSDAY

Date: _____

- _____
- _____
- _____
- _____

FRIDAY

Date: _____

- _____
- _____
- _____
- _____

SATURDAY

Date: _____

- _____
- _____
- _____
- _____

PRIORITIES

- _____
- _____
- _____
- _____
- _____
- _____
- _____

REMINDERS

NEXT WEEK

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Training Camp Homework Tracker

		CLASS	NAME	ASSIGNMENT	DUE DATE
1	✓				
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					

Simplified Training Zone Chart



Athletic Ability	Aerobic Capacity			Aerobic Power		Speed Endurance			Speed
Training Variables	Long/Basic Endurance		Threshold	Critical Speed or Sub Race Pace	MAP	Anaerobic Lactic Capacity	Anaerobic Power	Alactic Capacity	Alactic Power
Zone	GA1-	GA1+	GA2	E1	E2	AN1	AN2	AN3	AN4
Intensity	50-65% 6km pace	65-80% 6km pace	80-90% 6km pace	90-95% 2km pace	90-95% 1km pace	Max HR 500m pace	Max HR 200m pace	Top Speed 75-100m	Explosive 25m
Target Stroke Rate	Technical MK: 60-70 WK: 55-65 MC: 33-36	MK: 70 - 80 WK: 65 - 75 MC: 36 -40	MK: 80 - 90 WK: 75-80 MC: 40 - 50	MK: 90 - 100 WK: 80 - 95 MC: 50 - 55	MK: 100 - 115 WK: 95-110 MC: 55 - 65	MK: 115 - 130 WK: 110 - 120 MC: 65 - 75	MK: 130 - 140 WK: 120 - 130 MC: 65 - 75	MK: 140 + WK: 130 + MC: 75 +	
Max. Duration of Effort	90 min +		40 min	15 min	4 min	2 min	45 sec	20 sec	8 sec

Nutrition Schedule: Group A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Wake	Wake	Wake	Wake	Wake	Wake	
6:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
7:00 AM	Paddle	Paddle	Paddle	Paddle	Paddle	Paddle	
8:00 AM							Wake
9:00 AM	Snack	Snack	Snack	Snack	Snack	Snack	Breakfast
10:00 AM							
11:00 AM	Run	Weights	Workshop	Weights	Run	Weights	
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 PM							
2:00 PM	Paddle	Paddle	Paddle	Paddle	Paddle	Paddle or Activity	
3:00 PM							Snack
4:00 PM	Snack	Snack	Snack	Snack	Snack	Snack	
5:00 PM							
6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 PM							
8:00 PM							
9:00 PM	Snack	Snack	Snack	Snack	Snack	Snack	Snack
10:00 PM	Bed	Bed	Bed	Bed	Bed	Bed	Bed



Pre-Workout Nutrition: Within 1-hour of exercise, our primary focus is carbohydrate foods. We want to limit fat, fiber, and protein because they take longer to digest. With that said, since we have just fasted overnight while sleeping, we'll want to get in small bits of protein here regardless.



During Workout Nutrition: During exercise, we lose water and electrolytes (mainly sodium) through our sweat, and we use up the carbohydrate stores in our muscles. Especially during exercise that lasts longer than 60 minutes, it's important that we replenish what is lost.



Post-Workout Nutrition: Within 30-minutes to 1-hour of exercise, we need to get in a recovery snack that includes carbohydrates, water, and electrolytes (all the things lost during exercise), as well as protein to help kickstart muscle/tissue repair.



Balanced Meals: Utilize the athletes plates to help you eat to match your training volume. Be sure to include food items from each macronutrient as all are equally important and necessary for health and performance.



Balanced Snacks: Combine protein with carbohydrate to create a satisfying and satiating snack.

Nutrition Schedule: **Group B**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Wake	Wake	Wake	Wake	Wake	Wake	
7:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:00 AM							Wake
9:00 AM	Paddle (Snack!)	Breakfast					
10:00 AM							
11:00 AM	Weights	Run	Workshop	Run	Weights	Weights	
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 PM							
2:00 PM	Snack	Snack	Snack	Snack	Snack	Snack	
3:00 PM							Snack
4:00 PM	Paddle	Paddle	Paddle	Paddle	Paddle	Paddle or Activity	
5:00 PM							
6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 PM							
8:00 PM							
9:00 PM	Snack	Snack	Snack	Snack	Snack	Snack	Snack
10:00 PM							
11:00 PM	Bed	Bed	Bed	Bed	Bed	Bed	Bed

Pre-Workout Nutrition: Within 2-hours of exercise, our primary focus is on carbohydrate and protein foods. We want to limit fat and fiber because they take the longest to digest.

During Workout Nutrition: During exercise, we lose water and electrolytes (mainly sodium) through our sweat, and we use up the carbohydrate stores in our muscles. Especially during exercise that lasts longer than 60 minutes, it's important that we replenish what is lost.

Post-Workout Nutrition: Within 30-minutes to 1-hour of exercise, we need to get in a recovery snack that includes carbohydrates, water, and electrolytes (all the things lost during exercise), as well as protein to help kickstart muscle/tissue repair. Since lunch and dinner are scheduled right after practice, having these balanced meals in a timely manner will allow you to meet your recovery targets.

Balanced Meals: Utilize the athletes plates to help you eat to match your training volume. Be sure to include food items from each macronutrient as all are equally important and necessary for health and performance.

Balanced Snacks: Combine protein with carbohydrate to create a satisfying and satiating snack.

Training Camp Meal Planning

Meal planning is a great tool utilized by most high performance athletes. Meal planning helps you save time and money, achieve a more balanced diet, and ensure better preparation for training and competition. Experience heightened recovery, setting the stage for sustained success!

Use the tables below to plan out one week of meals and snacks. Be sure to plan balanced snacks using Nutrition Principle #2. Check out csiontario.ca/resource-hub for easy recipe ideas! Once you've planned out your week, use the second page to prepare your grocery list.

MONDAY		
Breakfast	Lunch	Dinner
Snack	Snack	

TUESDAY		
Breakfast	Lunch	Dinner
Snack	Snack	

WEDNESDAY		
Breakfast	Lunch	Dinner
Snack	Snack	

THURSDAY		
Breakfast	Lunch	Dinner
Snack	Snack	

Training Camp Meal Planning

FRIDAY		
Breakfast	Lunch	Dinner
Snack	Snack	

SATURDAY		
Breakfast	Lunch	Dinner
Snack	Snack	

SUNDAY		
Breakfast	Lunch	Dinner
Snack	Snack	

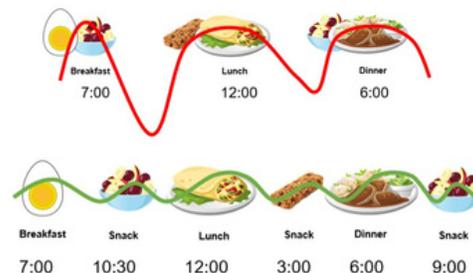
GROCERY LIST		
Produce:	Meat:	Cereal/Dry/Canned:
Dairy:	Freezer:	Other:

Performance Nutrition Foundations

How can nutrition help you train and perform better?

Eating the right foods at the right time and staying hydrated can help with:

- Overall energy levels
- Focus and concentration
- Endurance capacity and strength
- Recovery & decreasing muscle soreness
- Overall mood



Nutrition Strategies

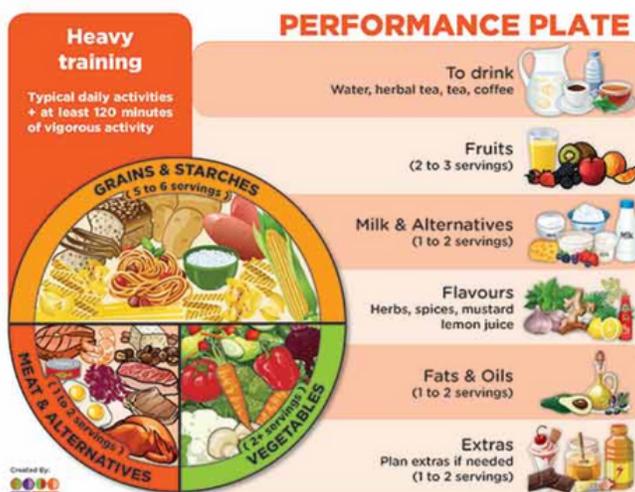
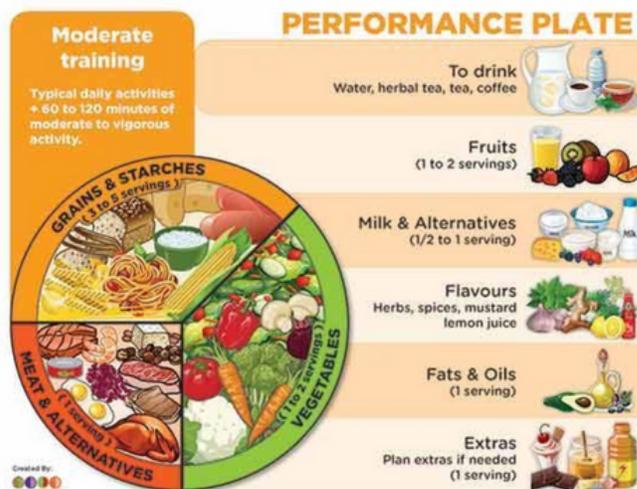
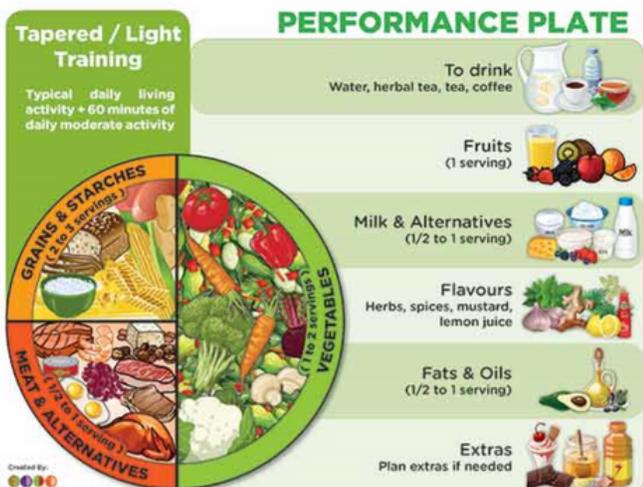
#1 Eat Every 2-4 Hours

Avoid going longer than 4 hours without eating. Eating consistently throughout the day helps stabilize energy levels. This is optimal for health and performance.

Aim to eat ~4-6 times a day (e.g., 3 meals and 3 snacks). Meals and snacks should combine both carbohydrate (for quick energy) and protein (for lasting energy).

Utilize the 'athlete plates' to eat to match your training volume. More training = more food (particularly carbohydrates)!

Athlete Plates Visual Guides



Performance Nutrition Foundations

Nutrition Strategies

#2 Plan what you will eat before training

What and how much you should eat before training depends on how long you have to digest:

- If you have **3 hours**, then eat: **A full meal**
 - i.e. Chicken fajitas, noodle bowl with vegetables and beef or tofu, protein pancakes topped with Greek yogurt and fruit, baked salmon with coconut rice and roasted broccoli.
- If you have **2 hours**, then eat: **A snack with carbohydrate & protein foods**
 - i.e. Peanut butter on toast with a glass of milk, cheese and crackers, breakfast sandwich, oatmeal made with milk (or skim milk powder or tested pro powder) and fruit.
- If you have **1 hour**, then eat: **A carbohydrate-rich snack**
 - i.e. Banana, apple sauce, pretzels, plain granola bar or homemade breakfast cookies, sport drink, fruit leather, dried fruit (e.g. mangoes or dates).

Tips for fueling before training:



Liquids are easier to digest. Try smoothies or add milk or juice to your pre-training meal if you struggle with solid foods.



Avoid foods high in fat and fibre such as fattier cuts of meat, bran, or legumes. Focus on easy to digest carbohydrates.



If you can't stomach a full meal even 3 hours before tough training, have a smaller portion and include a carbohydrate-rich snack 30 minutes before you start.

#3 Know what you need to recover from each training session

Over time, good recovery habits will help you adapt to your training. Build a recovery meal or snack with protein for muscle repair and carbohydrates to replenish muscle energy (glycogen). Include plenty of fluids and electrolytes (mainly sodium and potassium) to rehydrate.

Make-ahead breakfasts double as easy-to-digest recovery options:

- Protein pancakes
- Overnight oats
- Egg bites with toast and fruit

In general, eating within an hour is adequate for recovery, but not when you have multiple sessions in a day. Eat as soon as possible after a first workout (ideally within 15-30 mins) when you have weights, dryland, or another session later in the day. Recovery of muscle energy doesn't start until you start eating!

If your appetite is low post-training, have a small recovery snack, followed by a full meal within 2 hours. You may need to lean on liquid options such as smoothies or milk as needed.

#4 Use carbohydrates during training to drive performance

Your body can only store about 90 minutes worth of carbohydrate energy (glycogen) during training, so you'll need to top up. Not only for performance but for health: dips in blood sugar can cause cortisol (a stress hormone) levels to rise, taxing your immune system. For sessions >1 hr, aim for at least 30g of carbohydrate.

Note: Original sports drinks are a great option for longer, more intense training days because they contain sugar (carbohydrate), water, and electrolytes (sodium and potassium) - the 3 things we lose/use up during exercise!

Examples of 30g of carbohydrate:



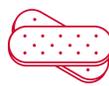
1 banana



2 GoGo squeezes



1 fruit bar



6 Arrowroot Cookies



3 dates



500ml sport drink

Mental Performance: Goal Setting

Goals provide you with a direction and purpose and give meaning to your pursuits. They are like critical reference points on the map of your progress, allowing you to focus on what matters most and persevere in the face of obstacles.

Types of Goals

There are several types of goals that you can set to increase your chances of reaching your full potential. Similar to the multiple directional points that are included within any map, you can integrate a hierarchy of goals in your overall plan, such as those below, to have a clear and comprehensive trajectory.

Dream Goals

The ultimate wishful goal that can become a reality if you fully commit to developing your potential and skills. e.g. To represent Canada at the Olympics.

Long-Term Goals

Realistic goals that you set for several months away (i.e. end of season, nationals) based on what you need to do to ultimately achieve your dream goal. e.g. Finish top 5 in C1 at nationals.

Short-Term Goals

Realistic goals that you set every month or week based on what you need to do to achieve your long-term goals. e.g. Improve my start to get off the line and accelerate more aggressively.

Deliberate Practice Goals

Daily intentions for each training session. Your coach tells you what to train, but you can choose which aspect of your training you are deliberately focusing on. This could be a mental goal, physical goal, technical goal, or tactical goal.

Self-Acceptance Goals

Goals that allow you to accept and appreciate yourself, regardless of your outcomes. e.g. I will feel good about the effort I put in on the water each practice, regardless of whether or not I finish in the top 5 at nationals.

Mental Performance: Goal Setting

Outcome / Performance / Process

As you identify these different types of goals, you can articulate them as **outcome, performance or process goals**. All three are important to sustain your focus and motivation over time.

Outcome Goals

Focus on a particular result you want to achieve. Outcome goals are not completely within your control since outcomes are contingent upon the performance of your opponents. e.g. win the race, finish top 3 in the province

Performance Goals

Focus on aspects of your performance you want to improve in order to eventually achieve your outcome goals. Performance goals are more within your control. e.g. improve time in 200m time control by 2 seconds.

Process Goals

Focus attention on concrete actions you can execute to improve your performance. Process goals provide you with the most control. e.g. Focus on a strong and connected catch in every stroke.

SMART Goals

SMART goals are **specific, measurable, action-based, relevant, and time-based objectives**. They help you set clear and realistic targets by outlining exactly what you want to achieve, how you'll measure progress, and when you aim to complete them.

- **SPECIFIC** - Formulate your goal in a clear, detailed, positive manner based on what you want to accomplish or improve. Consider including how you want to feel when specifying your goal.
- **MEASURABLE** - Quantify your goal to measure what you want to accomplish or improve and compare your performances against your current and desired results.
- **ACTION-BASED** - Identify the actions required to reach your goal in order to guide your efforts and focus on appropriate elements or steps.
- **REALISTIC** - Determine if your goal is challenging but attainable based on your current capability and the resources you have.
- **TIME-BASED** - Set a deadline by which you want to reach your goal.

Mental Performance: Goal Setting

Complete this worksheet to set a goal

***NOTE:** Print multiple pages to plan different goals

Set as many goals as you feel inspired to! Ensure that you include variety in the goals you set by exploring outcome, performance and process goals, different time frames and goals of self-acceptance. If you find that you have set so many goals that you can no longer keep track of them or are forgetting what you are trying to achieve, take a step back and reevaluate which goals are most important and relevant to your performance.

Check one of the following types of goals:

Outcome
 Performance
 Process

Check one of the following types of goals:

Dream
 Long-Term
 Short-Term
 Deliberate
 Self-Acceptance

My goal is: _____

Use the text box to make your goal SMART.

SPECIFIC	
MEASURABLE	
ACTION-BASED	
REALISTIC	
TIME-BASED	

NOW WHAT?

Monitor, evaluate, and assess your goals by considering factors like current inspiration, desired experience, timelines, performance changes, and progression. Share your goals with individuals like coaches or teammates who can provide support and accountability. Upon achieving a goal, take the time to celebrate and acknowledge the effort invested in the accomplishment.

SELF-DIRECTED RESOURCES

MENTAL HEALTH APPS

 MindShift CBT anxiety relief, mindfulness	 Headspace breathing, relaxation, focus	 Healthy Minds problem-solving, mood tracker, journaling, coping	 Calm mindfulness, relaxation, meditation	 CBT-i Coach sleep, self-guided CBT
 Smiling Minds mindfulness, relaxation, meditation	 Oak mindfulness	 Sleep Cycle sleep monitoring, journaling	 Womaze self-care, mental health, personal growth	 Bloom self-guided CBT

SPORT INFORMED CARE

All Sport Canada carded athletes, non-carded national team athletes, and national team-level coaches are eligible for up to \$2500/year of mental health support. Contact mentalhealth@mygameplan.ca to reach the Mental Health Network Coordinator for confidential service.



If you are looking for sport-informed care you can access resources and fee-for-service therapy at the **Canadian Centre for Mental Health in Sport (CCMHS)**.

National Team athletes affiliated with CSIO, whether carded or not, have access to a Game Plan Advisor at CSIO. Please contact gameplan@csiontario.ca for more information.

Athletes at all levels can reach out to inquire if they are eligible for a Mental Health Wellness Check with a Mental Health Practitioner at CSIO. To access this service, please connect with the Sport Medicine Coordinator at sportmedicine@csiontario.ca.

SELF-HELP RESOURCES

GAME PLAN RESOURCES

- Athletes can find self-directed sport-informed resources for mental health on the Game Plan website: Game Plan - Resources for athletes from career, education, skill development and health

ANXIETY

- [Anxiety Canada](#) - Resources to manage anxiety including how to relax and strategies for managing unhelpful ways of thinking
- [What? Me Worry!?! - Information & strategies to manage worrying and anxiety](#)
- [Assert Yourself! - Information & strategies to develop assertiveness skills](#)
- [Panic Stations- Information & strategies to manage panic attacks and anxiety](#)
- [Shy No Longer- Information & strategies to manage shyness and social anxiety](#)

PERFECTIONISM

- [Perfectionism in Perspective- Strategies to manage perfectionism](#)
- [Put Off Procrastinating!- Information & strategies to manage procrastination](#)

MOOD

- [Back From the Bluez- Information and strategies for managing mood](#)
- [Antidepressant Skills Workbook - Strategies to manage depression and change patterns that trigger depression](#)
- [Bipolar Disorder Self-Help Resources - Information Sheets \(health.wa.gov.au\)](#)
- [Centre for Clinical Interventions Modules: Improving Self-Esteem- Information & strategies to manage low self-esteem](#)
- [Bipolar Wellness Centre - Self-help website for people experiencing bipolar symptoms](#)
- [Centre for Clinical Interventions Modules: Facing Your Feelings: Strategies to manage distressing feelings more effectively](#)

SLEEP

- [Getting a Good Night's Sleep](#)
- [CBT for Insomnia](#)
- Insomnia and Mindfulness apps are also recommended, particularly:
 - [CBT-i Coach on the App Store \(apple.com\)](#)
- For dealing with Travel and Jet Lag, check out: [Jet Lag Rooster](#) by Sleepopolis, [CSIO Jet Lag Management Strategies](#), CSIO Nap Pod!

TIP:

All the listed resources are live website links! Click on the line to be redirected to the resource.

SELF-HELP RESOURCES

RED-S, EATING DISORDERS AND BODY IMAGE

- [Eating Disorders Self-Help Resources](#) - Information Sheets & Workbooks
- [Building Body Acceptance](#) (Body Dysmorphia) Self-Help Resources
- [Appearance Overconcern Self-Help Resources](#) - Information Sheets, Worksheets & Workbooks
- [Body Brave](#) - providing accessible eating disorder treatment and support and community training and education
- [NEDIC](#) - National Eating Disorder Information Centre
- [Sheena's Place](#) - offers free support groups on a range of topics related to disordered eating and eating disorders
- [#TRAINBRAVE](#) - athlete-focused disordered eating and eating disorder resources

ADDICTIONS

- [Connex Ontario](#) or *211 or text CONNEX to 247247
- [Breaking Free Online](#) | Recovery Program for Alcohol & Drugs

MISCELLANEOUS

- [Mindfulness Based Stress Reduction](#) - Strategies and skills for coping with stress
- [Self-Compassion](#) - Guided meditations and exercises
- [Cultivate Your Happiness: A ThriveRU Weekly Workbook](#)
- [Walkalong](#) - Resources to support your wellbeing, improve resilience, monitor progress, and record your thoughts
- [Tips for ADHD: Adults with ADHD Self Help Resource Pack June 2017.pdf](#)
- [ADHD Self-help overview & Tips.pdf](#)
- [Boosterbuddy app](#) - Self-care, time management/organization, cognitive strategies
- [Forest app](#) - Focus & productivity

MINDFULNESS

- [Learn Mindfulness Meditation](#) | Centre for Mindfulness Studies in
- [Toronto Mindfulness Everyday](#)
- See also Mental Health Apps

OTHER MENTAL HEALTH INFORMATION SOURCES AND SUPPORTS

- [CMHA](#) – CMHA Ontario
 - Hope & Me support groups for various mental health concerns
- [Be There](#) - Mental health support
 - How to have difficult conversations and support others