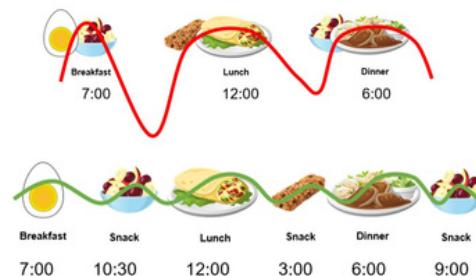


Performance Nutrition Foundations

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

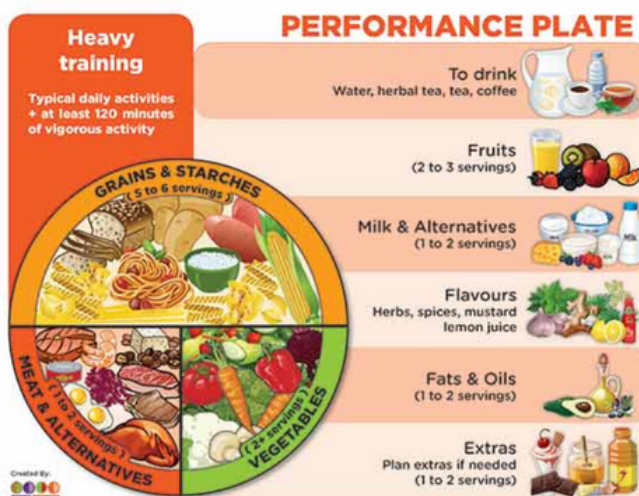
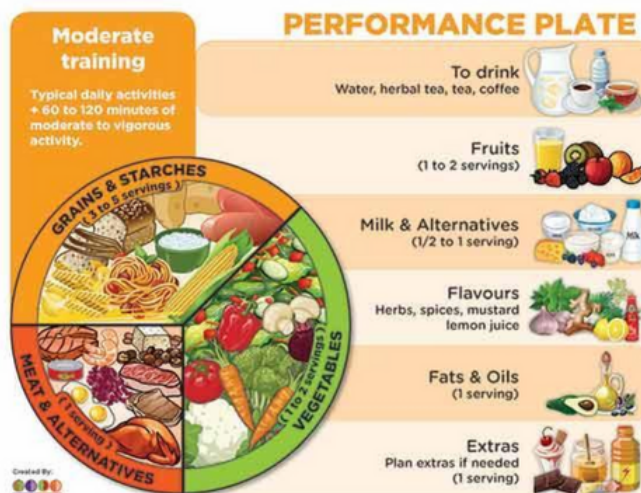
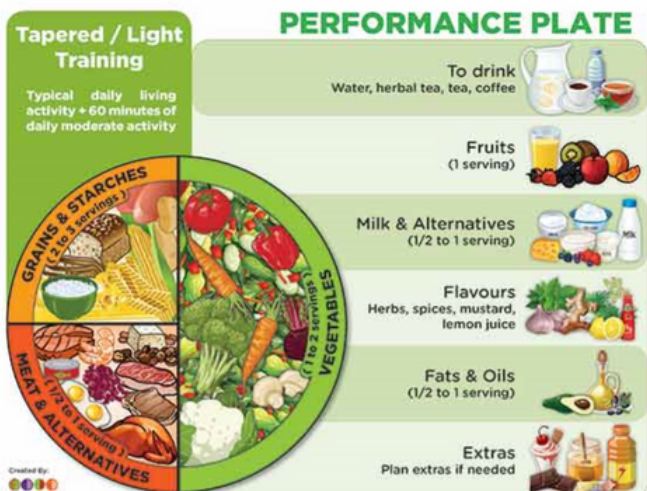
#1 Eat Every 2-4 Hours

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