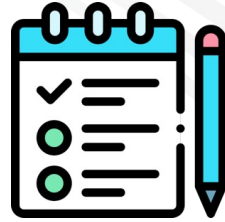




Pre-, During and Post- Training Nutrition

Catherine Naulleau, Sport Dietitian





- ✓ Early morning practice : breakfast or not ?
- ✓ Back-to-back training sessions : quick recovery and easy to digest snacks/foods/fluids
- ✓ Fueling for long training sessions and preparing for the next one
- ✓ Double sessions during the same day
- ✓ Portions sizes: how to adapt your meals when you train 2x vs 1x vs rest day.

Questions – please use the chat, raise your hand or open your microphone 😊

The importance of energy stores (glycogen) before high-intensity exercise

very general guidance

High carbohydrates foods



Bread
(Whole
grains)

Fresh fruits

Oatmeal

Cereals



Yogurt



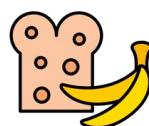
Rice



Pasta



Potatoes



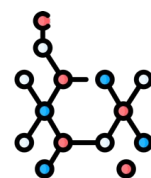
Banana
bread,
muffins



Jam, honey, maple syrup, juice, Sports drink



Rest day	1 session per day	2 sessions per day
4-5 g/kg of body weight	5-7 g/kg of body weight	6-10 g/kg of body weight



Glycogen



~100g



~400-500g

Limited source of energy:
~2-3 hours of very high
intensity exercise

Fueling before : Early morning practice



Be careful not to wait until the last minute to prepare your breakfast and snacks.



Coffee?



Overnight oats

Quick oats
Frozen berries
Milk/yogurt vanilla
Maple syrup
Scoop of peanut butter
(oatmeal packages are OK!)



Yogurt & granola

Vanilla yogurt 1-2% or Greek
Frozen berries
Leave overnight
Add granola on top



Toasts with PB and jam/honey

OR slices of cheese with
butter/margarine
Banana on the go



Bagel & cream cheese

Mandarines cup/ fresh fruits
Vanilla/Greek Yogurt



Whole grains & protein (to feel full and satisfied)

Hard boiled egg
Scrambled eggs
Cheese bites
Peanut butter / Nuts
High protein milk/drinks



Tortilla roll with PB /Nutella

Banana rolled inside

Feeling nauseous, no appetite in the morning ?

Liquid meals + Eat on the way to training



Smoothie?



Protein bar : Robert Irvine, KIND
Rx Bar, Larabar, Clif...
Fig bars ❤️
Peanut butter sandwich...
Tortilla roll with PB and banana...
Salted nuts/ Trail mix

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Extremely important to include
High carbohydrates fluids/snacks



Maurten gels ❤️

Fueling in between sessions

- High carbohydrates snacks : make sure they are in your bag/locker. Prepare everything in advance – avoid being last minute!

Circuits/weights



Swim session



Banana, dates, dried mangoes
Apple sauce go go squeeze
Fig bars, molasse cookies
Chocolate/soy milk (UHT)

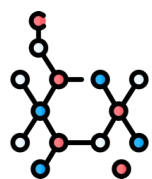


Sports drink during 2nd session
Integrate 30-60g of carbohydrates/hour for this 2nd session (depending on the intensity)

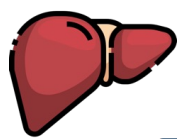


Fluids: Aim for 1 bottle per hour of fluids/water/sports drinks during 2nd session

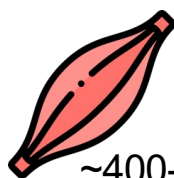
Quick recovery after morning session



Glycogen



~100g ↓



~400-500g ↓



Repair
Muscle fibers

Immediately after

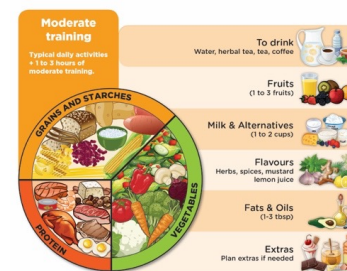
30 min (max)

2 hours (max)



Fluids, water, sports
drink, chocolate milk
(UHT)

High carbohydrates foods
With proteins



Limit/avoid
food cravings

Moderate training

Typical daily activities
+ 1 to 3 hours of
moderate training.



To drink

Water, herbal tea, tea, coffee



Fruits

(1 to 3 fruits)



Milk & Alternatives

(1 to 2 cups)



Flavours

Herbs, spices, mustard
lemon juice



Fats & Oils

(1-3 tbsp)



Extras

Plan extras if needed



Heavy training

Typical daily activities
+ 4 to 5 hours of
vigorous activity



To drink

Water, herbal tea, tea, coffee



Fruits

(2 to 4 servings)



Milk & Alternatives

(1 to 3 cups)



Flavours

Herbs, spices, mustard
lemon juice



Fats & Oils

(3 to 5 tbsp)



Extras

Plan extras if needed
(Allow yourself a few treats)



Light Training

Typical daily activities
+ 1 hour or less of
light to moderate
activity



To drink

Water, herbal tea, tea, coffee



Fruits

(1 to 2 servings)



Milk & Alternatives

(1 to 2 servings)



Flavours

Herbs, spices, mustard,
lemon juice



Fats & Oils

(1 to 2 servings)



Extras

Plan extras if needed



2 sessions in the same day

Morning session

~4 hours
recovery



Caffeine?



Nap?

Aim for an easy to digest, filling and high carbohydrates lunch

Protein size = palm of hand (minimum)

Limit high fat choices

Finish your meal with fresh fruits, yogurt, banana bread, homemade muffins...



Chicken wrap/sandwich



Stir-fry
Meal prep



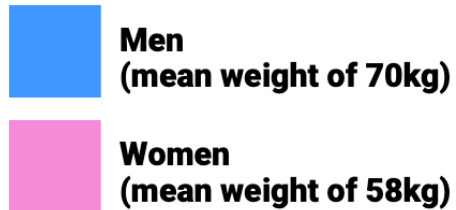
Ready to eat meals?
www.wecookmeals.ca
www.powerkitchen.ca

Afternoon session

Repeat fueling during afternoon sessions
High carbohydrates snacks in-between sessions
Sports drink during 2nd swimming session

Let's talk hydration

- Daily hydration – how much fluid should you drink ?



TEENAGER (14-18 yo)

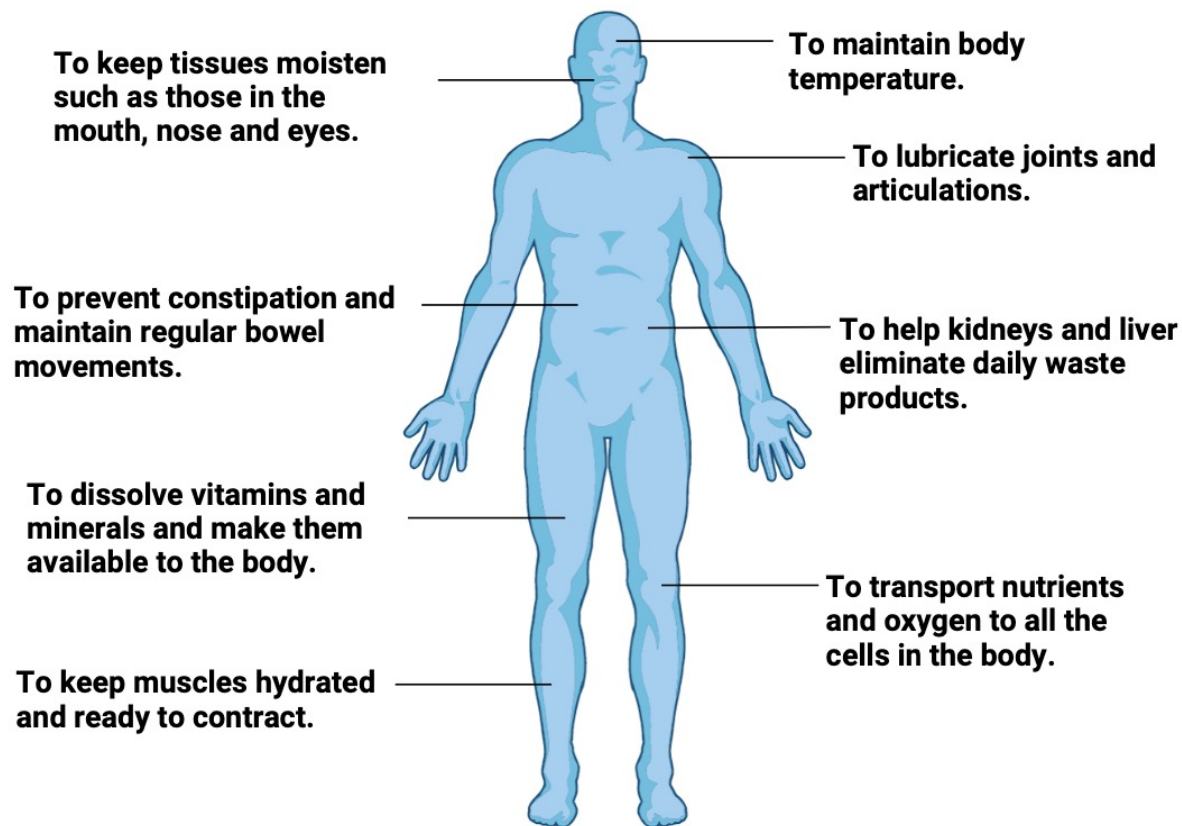


ADULT



Source :
*WHO, World
Health
Organisation

WHY SHOULD YOU DRINK WATER ?



Hydration during training

Here are the recommended amount of fluids (water or sports drinks) that you should drink while exercising.

Target 5-7 ml / kg / hour	Optimal 10 ml / kg / hour	Ideal 12 ml / kg / hour
300 – 450 mL	600 mL	750 mL
400 – 600 mL	800 mL	960 mL

Generally speaking, you should **drink 4 to 5 mouthfuls of liquid (125 to 150 mL) every 20 minutes.**

Drink only what you need; do not force yourself to drink large quantities of liquids. **Drink according to a planned and regular schedule.**

60 kg
80 kg





Questions ?

Contact me

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