

PERFORMANCE NUTRITION STRATEGIES

AVOID GOING LONGER THAN 4 HOURS WITHOUT EATING.



Eating consistently through the day helps stabilize your energy levels and prevents you from becoming overly hungry.

Spacing your eating also helps your body recover: your muscles can only use so much protein at one sitting. In other words, you can't "catch up" on your protein needs at the end of the day.

You'll likely notice that your mood and digestion are also better managed when you're intentional with your meal and snack timing.

PLAN WHAT YOU WILL EAT BEFORE KEY TRAINING SESSIONS.



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
Examples: Chicken fajitas, noodle bowl with vegetables and beef or tofu, protein pancakes with Greek yogurt and fruit.

If you have 2 hours, then eat...



Snack with carbohydrate & protein-rich foods
Examples: Peanut butter on toast with a glass of milk, cheese and crackers, breakfast sandwich, oatmeal with milk and fruit.

If you have 1 hour, then eat...



A carbohydrate-rich snack
Examples: banana, apple sauce, pretzels, plain granola bar or homemade breakfast cookies, sport drink, dried fruit.

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 carbohydrate to replenish muscle energy (glycogen). Include plenty of fluids to rehydrate and on particularly hot days, you will need to increase your fluid intake.

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



Protein pancakes



Overnight oats




Egg bites with toast and fruit

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. For sessions >1hr, aim to eat at least 30g of carbohydrate.

For shorter sessions use a carbohydrate mouth rinse. Why? Swishing a mouthful of sport drink causes receptors in your mouth to send excitable signals to your brain, which can improve performance. If you don't have drink mix, have a few fruit gummies such as Welches with water.



Find balance:

Choose meals and snacks that combine both protein and carbohydrate for lasting energy. See ideas below.

Protein = fullness, muscle recovery

Carbohydrate = energy, fibre, antioxidants

TALK TO YOUR SPORT RD IF YOU...

- Notice a change in or a lack of appetite that's impacting your performance or health (i.e. unintentional weight loss)
- Experience digestive symptoms (i.e. bloating, gas, changes in bowel movements, etc.) that impact your ability to fuel well

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.

TALK TO YOUR SPORT RD IF YOU...

- Struggle to eat before training, which is leading to poor performance and/or physical symptoms (i.e. dizziness, light-headedness, etc.) during or after training.
- Commonly experience significant muscle or stomach cramping during training.

In general, eating within an hour is adequate for recovery, but not when you're short on time. Eat as soon as possible after a first workout (ideally within 15-30 mins) when you have weights, XT, or another session in the afternoon. 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, milk, or tested recovery products as needed.

TALK TO YOUR SPORT RD IF YOU...

- Find that you can't "keep up" with your training demands through the week and are consistently low energy by the end of the week.


Examples of 30g carbohydrate:



2 GoGo squeezes




1 Fruitsource bar




1 Banana



6 Arrowroot cookies



3 dates



1 svg sports drink mix

TALK TO YOUR SPORT RD IF YOU...

- Struggle to eat during training, which is leading to poor performance and/or physical symptoms (i.e. dizziness, light-headedness, etc.) during or after training.