

# NUTRITION 2

## SPORT-SPECIFIC NUTRITION GUIDELINES FOR GOOD TO GREAT SPORTS STUDENTS



# PREPARING FOR COMPETITION

- In the days leading up to a match, start preparation. Pay extra attention to making sure carbohydrate stores are topped up and that you drink enough fluids.

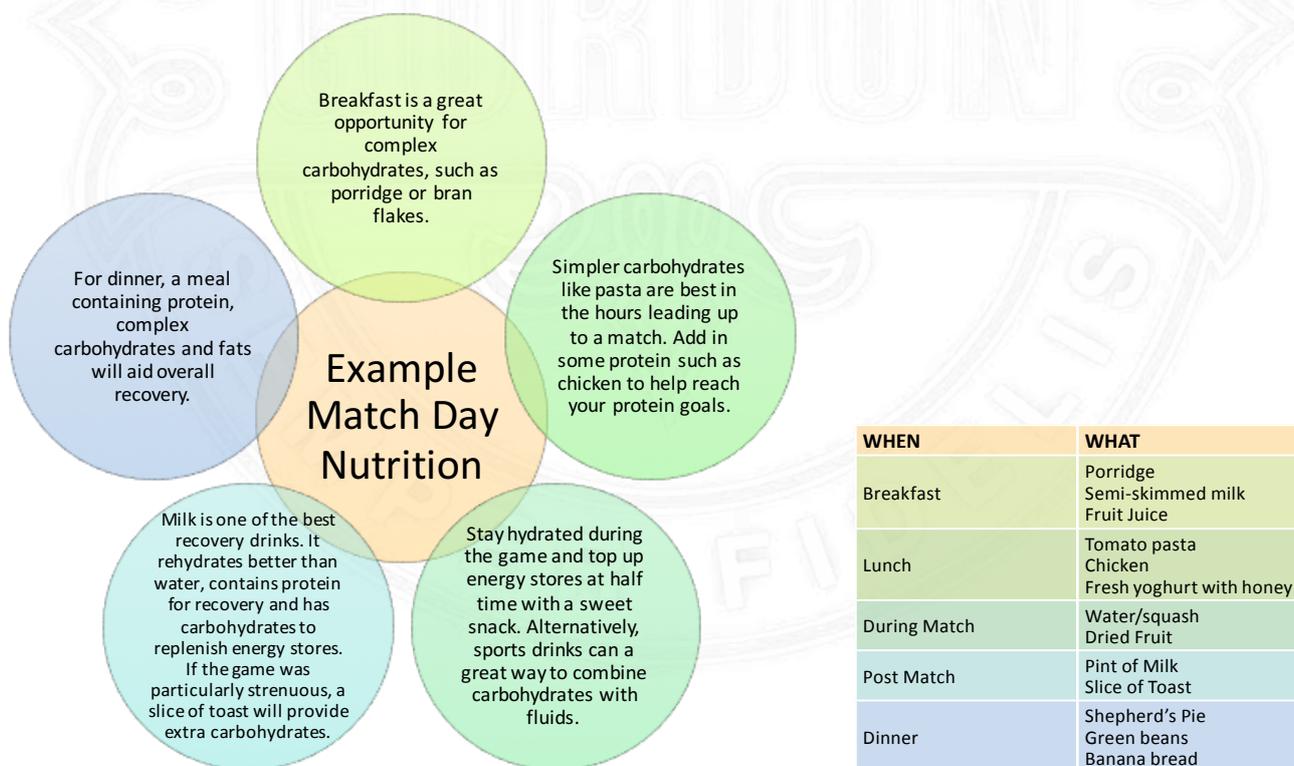
## HOCKEY, NETBALL AND FOOTBALL

During these sports, players use both aerobic and anaerobic energy systems meaning energy demands can be high. Staying focused is also key, as players must use tactical and technical ball skills throughout the game.

### Main nutritional goals:

- Stay hydrated throughout exercise to maintain focus
- Keep energy stores topped up with carbohydrates

## EXAMPLE MATCH DAY NUTRITION



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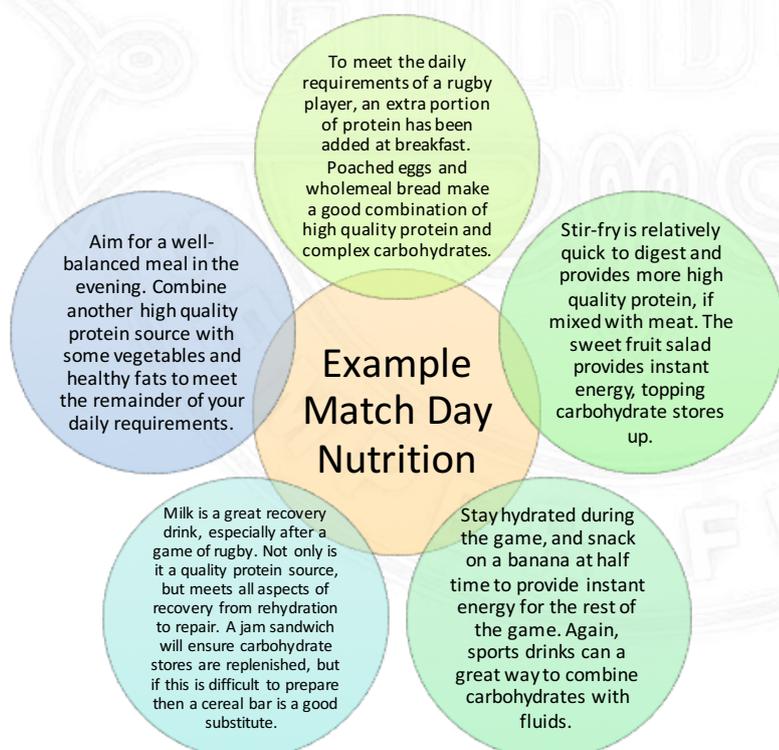
## RUGBY

- Higher daily protein intakes are needed for those looking to gain mass.
- During match days, the constant bursts of activity mean players will also have to take extra carbohydrates and fluids to fuel performance and stay focused.

### Main nutritional goals:

- Stay hydrated throughout exercise to maintain focus
- Keep energy stores topped up with carbohydrates
- Pay special attention to protein intake.

## EXAMPLE MATCH DAY NUTRITION



WHEN	WHAT
Breakfast	Poached eggs Wholemeal toast
Lunch	Beef Stir-fry Fruit Salad
During Match	Water/squash Banana
Post Match	Pint of Milk Jam sandwich
Dinner	Salmon New Potatoes Broccoli

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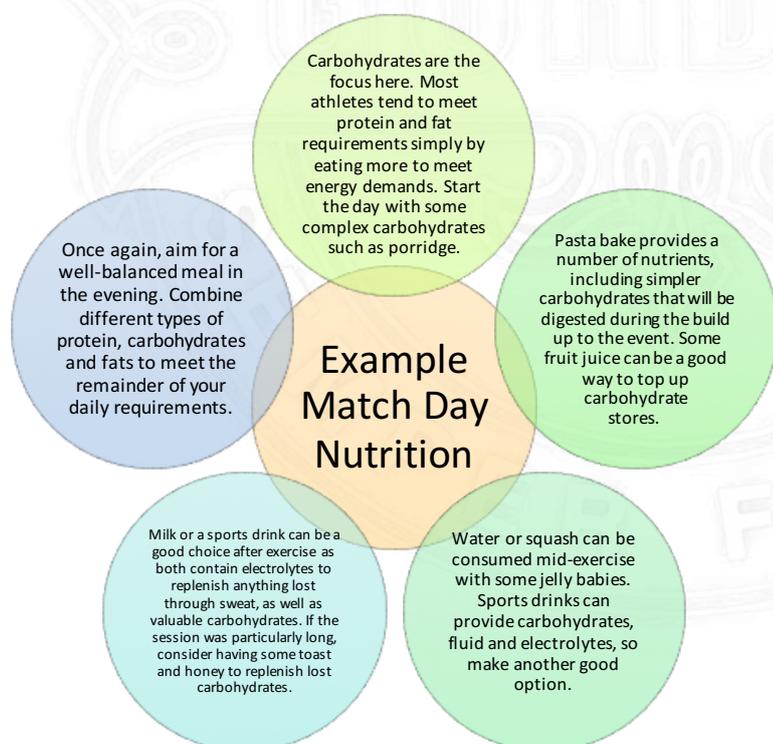
## ENDURANCE SPORTS

During endurance sports, energy comes primarily from aerobic energy systems. Carbohydrate turnover can be really high and athletes may have to eat 4-7 g/kg body weight of carbohydrate each day. Long durations spent exercising also lead to high sweat losses, so be sure to replenish lost fluid and electrolytes.

### Main nutritional goals:

- Make sure carbohydrate stores are full before exercise.
- For long durations beyond 90 minutes, consume simple carbohydrates whilst exercising.
- Regularly consume fluids, and consider a sports drink with electrolytes if sweat rates are high.

## EXAMPLE MATCH DAY NUTRITION



WHEN	WHAT
Breakfast	Porridge Semi-skimmed milk Banana
Lunch	Pasta bake Fruit Juice
During Match	Water/squash/sports drink Jelly babies
Post Match	Sports drink/milk Toast with honey
Dinner	Chilli con carne Rice Salad



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