# 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**

Breakfast is a great opportunity for complex carbohydrates, such as porridge or bran flakes.

For dinner, a meal containing protein, complex carbohydrates and fats will aid overall recovery.

If the game was

Example Match Day Nutrition

Simpler carbohydrates like pasta are best in the hours leading up to a match. Add in some protein such as chicken to help reach your protein goals.

Milk is one of the best Stay hydrated during recovery drinks. It the game and top up rehydrates better than energy stores at half water, contains protein time with a sweet for recovery and has carbohydrates to snack. Alternatively, replenish energy stores. sports drinks can a great way to combine particularly strenuous, a carbohydrates with slice of toast will provide fluids. extra carbohydrates.

WHEN	WHAT
Breakfast	Porridge Semi-skimmed milk Fruit Juice
Lunch	Tomato pasta Chicken Fresh yoghurt with honey
During Match	Water/squash Dried Fruit
Post Match	Pint of Milk Slice of Toast
Dinner	Shepherd's Pie Green beans Banana bread

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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

To meet the daily requirements of a rugby player, an extra portion of protein has been added at breakfast. Poached eggs and wholemeal bread make a good combination of high quality protein and

complex carbohydrates.

Example

Match Day

Nutrition

Aim for a wellbalanced meal in the evening. Combine another high quality protein source with some vegetables and healthy fats to meet the remainder of your daily requirements.

> Milk is a great recovery drink, especially after a game of rugby. Not only is it a quality protein source, but meets all aspects of recovery from rehydration to repair. A jam sandwich will ensure carbohydrate stores are replenished, but if this is difficult to prepare then a cereal bar is a good substitute.

Stir-fry is relatively quick to digest and provides more high quality protein, if mixed with meat. The sweet fruit salad provides instant energy, topping carbohydrate stores up.

Stay hydrated during the game, and snack on a banana at half time to provide instant energy for the rest of the game. Again, sports drinks can a great way to combine carbohydrates with fluids.

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
	Brocolli

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### **ENDURANCE SPORTS**

During endurance sports, enery 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**

Carbohydrates are the focus here. Most athletes tend to meet protein and fat requirements simply by eating more to meet energy demands. Start the day with some complex carbohydrates such as porridge.

Example

Match Day

Nutrition

Once again, aim for a well-balanced meal in the evening. Combine different types of protein, carbohydrates and fats to meet the remainder of your daily requirements.

> Milk or a sports drink can be a good choice after exercise as both contain electrolytes to replenish anything lost through sweat, as well as valuable carbohydrates. If the session was particularly long, consider having some toast and honey to replenish lost carbohydrates.

Pasta bake provides a number of nutrients, including simpler carbohydrates that will be digested during the build up to the event. Some fruit juice can be a good way to top up carbohydrate stores.

Water or squash can be consumed mid-exercise with some jelly babies. Sports drinks can provide carbohydrates, fluid and electrolytes, so make another good option.

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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