

Nutrition Guidelines

Hi all. Below are some nutritional guidelines to assist you in getting the most out of your training. It is important that you try these recommendations prior to competition days in order to see how your body reacts. They will need fine tuning to suit your own individual needs.

I have provided some guidelines for pre, during and post training. I have also briefly covered the areas of sports drinks and Carbohydrate (CHO) loading - two areas of interest to most sportspeople. Finally, I'm not too sure what everyone's basic knowledge is of food so I have provided you with a list of examples of foods that consist of protein and CHO.

We will have a chance to discuss these guidelines further at the next training camp. However, if you have any initial queries feel free to drop me a line via email. Happy eating!

Sports Drinks

Sports Drinks are very popular with all people involved in some form of exercise. However, they are really only of benefit to individuals doing 2 hours or more training (e.g. playing in a tournament, a training weekend etc). If you choose to use a sports drink choose a sports drink that contains 0.5-0.7g per litre of sodium and 4-7% of glucose or glucose containing carbohydrates, e.g. sucrose or maltodextrins.

Good examples of drinks with these percentages can be found in the Leppin range. Powerade, Lucozade and Gatorade are quite high in sugar but are ok if watered down a little. If you find yourself in a situation where you are unable to accurately measure the mixing of your sports drink, I would recommend you favour more dilute solutions, especially in warm conditions. High concentrations of CHO may lead to gastrointestinal discomfort as well as increase the danger of dehydration.

CHO Loading

Some people may be interested in trying CHO loading prior to a tournament. Carbohydrate loading helps maximise your muscle glycogen stores for an event, helping prevent the onset of fatigue. This requires you to consume 7-10g/CHO/kg/body weight 2-3 days prior to the event. Ensure your fat intake is minimal during this time to reduce the likelihood of any weight gain as in the Ultimate this isn't beneficial. CHO loading should also be done with exercise tapering for maximum results.

Pre-competition guidelines

Priorities: To begin exercise in a well hydrated condition with high carbohydrate (CHO) stores.

- Aim to eat approximately 200-300g of CHO 2 hours prior to competition. If you find that too early to eat prior to a morning event or training session you could try using a liquid meal replacement like Sustagen, or a smoothie and/or a sports drink to ensure you are getting enough CHOs.
- This pre-competition meal should be:
 1. Low in fat.
 2. made up of low-medium GI foods, e.g. wholemeal toast, Special K, muesli bars, yoghurt, bananas.
 3. low in fibre, therefore avoid apples, kiwifruit, wholegrain breads etc as they'll make you want to go to the loo.
- Drink fluid (water or electrolyte drink) with the meal, at least 300-600ml, then 150-300ml every 15-20 minutes up until approximately 45 minutes to an hour before the event. Again, this will depend on how your bladder can handle fluid!

During Competition guidelines

Priorities: Fluid, sodium and CHO replacement.

- It is important that you continually consume fluid as much as is practical and comfortable in an attempt to match sweat losses. Aim to consume 500-1000ml of fluid per hour. If you feel thirsty you are already dehydrated so don't rely on your thirst to remind you to drink.
- A sport's drink containing CHO & sodium can be a good way of ensuring sodium and CHO levels are maintained in a long training session (2hours +). Adding CHO to a sport's drink also promotes water absorption in the small intestine, providing the concentration is not too high.
- During training camps or tournaments aim to consume 30-60g of High GI CHO foods per hour. Examples of high GI foods are gummy lollies (jet planes, wine gums, snakes), ripe bananas, low fibre muesli bars, vanilla/super wine biscuits etc. Apples, oranges, fruit juices etc are not good foods to consume as their CHO content is made up mainly of sucrose (fruit sugar), which takes considerably longer to empty from your stomach.

Post-Training guidelines

Priorities: CHO and Fluid replacement.

- It is important to eat within 30 mins of ceasing exercise to maximise the replenishment of CHO stores in the muscles. Aim to consume 1-1.5g of CHO/kg body mass of high GI foods. For e.g. a 70 kg person needs to consume 70-105 g of CHO = approximately 2 bananas or 2 muesli bars etc.
- Aim to consume 10-30g protein within an hour of competition or training. This will assist with muscle repair. Protein powders/bars or a recovery powder that contains both CHO and protein are good ways of obtaining both CHOs and protein easily after training, e.g. Leppin Recovery. I recommend we look at taking some form of recovery powder with us to Worlds.
- Remember to also consume fluid to replace that lost during training. A good way of measuring how much fluid you need to consume is to weigh yourself before training and then dry yourself off and weigh yourself again after training. Whatever the difference is e.g. 1kg (1000ml), you need to ensure you consume that amount of fluid.

Food examples of the main food groups

1) Protein

- Red Meat
- Fish
- Chicken
- Eggs
- Low fat milk and dairy products
- Tofu (A complete plant protein)
- Beans/Lentils
- Nuts
- Seeds
- Pulses
- Whole grains

2) Carbohydrates

- White/Pita Bread (High GI)
- Potatoes (High GI)
- Jasmine Rice (High GI)
- Normal white rice (High GI)
- Sports Drinks/Gels (High GI)
- Kumara (med-high GI)
- Most fruits (med-High GI)
- Pasta (med GI)
- Sugar free breakfast cereals (low - med GI)
- Brown/wholemeal breads (Low-med GI)
- Brown Rice (low –med)
- Basmati Rice (low –med)
- Muesli (low –med GI)
- Most veges (low-med GI)

3) Fat

- I don't know that you need me to provide you with examples of this kind of food!

References

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