



SPORTS NUTRITION
CHAIN REACTION 7DAY 1000
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PHYSIOLOGIST



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PRE-TRAINING

What fuel does for us

- energy for training AND brain function!
- necessary for AM sessions as your stores deplete overnight
- have between 0-60mins pre-training

AM vs PM





- don't necessarily need a pre-training snack for PM training, as you are already in a fed state
- do eat if hungry though!

What to eat? Carbs your gut can tolerate

- banana/dates/grapes/other fruit, dried fruit
- muesli bar, home made banana bread
- overnight oats (made on milk)
- yoghurt
- typically avoid sports foods here, especially if reliant on them during the ride

What won't help?

- high fat foods, highly spicy foods (i.e. no leftover curry!) or high-protein foods
- note DAIRY foods are fine pre-training, and of benefit to bone health → use when possible



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DURING-TRAINING

When to start fuelling?

- start early, for rides >90mins-2hrs

Amount?

- 30-60g carb/hr (most fine at 30g/hr)

What foods? Simple carb foods

- bananas, dates
- muesli bars, sports bars
- gels, sports drink

What won't help!

- protein bars, "paleo" and many "raw" bars with a high nut content



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TRAINING FUEL – long rides

Real food (has fibre / complex carb)

- Hot cross bun
- Bananas
- Dates / dried fruit
- Pikelets
- Rivet ride bars
- Muesli bar
- Vegemite sandwich / wrap

Sports foods (low fibre, straight sugar)

- Gatorade / endura etc
- Chews
- Gels
- Lollies

AIM FOR 30g CARB/HR

USE THE LHS LIST IF YOUR GUT IS FINE WITH IT
USE THE RHS LIST MORE IF YOU EXPERIENCE DIGESTION ISSUES



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AIM OF RECOVERY

1. Refuel (carb)
2. Repair (protein)
3. Reduce inflammation (quality fats)

RECOVERY NUTRITION

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RECOVERY NUTRITION protein (20g)

SNACKS

- High-protein yoghurt tub + handful almonds
- Fruit smoothie with yoghurt ± protein powder
- Liquid meal drinks (e.g. Rokeby Farms whole protein smoothie)

BREAKFAST




- Muesli/porridge made on milk & high protein yoghurt
- Toast (2-3 slices) + cottage/ricotta cheese & a little jam/honey/vegemite
- Eggs on toast + café latte
- Baked beans (Medium sized tin) on 2 x grainy toast (spread with ricotta)
- Sandwich with chicken breast / tin tuna or salmon

PM training? DINNER MEAL

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HYDRATION TIPS

1. Drink with every meal + snack
 - Drink enough to AVOID thirst
 - Pale pee (not clear)
2. All fluids count
 - Tea + coffee don't dehydrate
 - Water, milk, chocolate milk, smoothies, milk on cereal
 - Drink light beer if you don't want to dehydrate yourself
3. Training hydration
 - Water w. pre-training snack
 - Have it available, have it cold
 - Use electrolyte tablets in hot conditions
 - Start early, small + frequent sips
 - Don't smash large amounts of water at once (increase risk of cramping)

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HIGH PERFORMANCE HABITS

1. RECOVERY NUTRITION

Protein - lean


Carb - quality


Fats - anti-inflamm



2. IMMUNE SUPPORT

Daily probiotic





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