



Nutrition for Training and Competing

Competition Nutrition Key Points:

Before you even get to event day, the days leading up to the event are important:

1. You need to make sure that you have enough energy stored in your body for you to perform at your best
2. Usually when an event is approaching training will become lighter and at this point it is important that you keep eating as if you were still training normally
3. In the days leading up to the competition meals and snacks should be focussed on carbohydrates (such as potatoes, pasta, rice and bread)

Hydration is also really important in the run up to a competition so make sure you carry a water bottle and sip at it

Planning for Race Day

Before competition day arrives it's important that you have a plan for what you are going to eat at what time.

We all know how busy days can be and so it's often helpful to write down your plan to help remind you.

This should include:

- Your pre-event meal
- Between competition or race snacks
- Hydration on the day
- What you will eat after the event

Knowing what time your races are and any other details, such as travel are important for including into the plan. Use the timeline at the end of this documents to help you plan out your nutrition leading up to and after for your race or event.



Hydration is Key

1. During any session it's important to have a drink with you
2. If it's hot it would be good to have added some electrolytes to your drink (see my recipe below)
3. It's important that you only take sips of your drink regularly rather than taking big gulps every now and then

Homemade Sports Drink Recipe*:

Please use a sugared squash like a high juice rather than sugar free for this circumstance and make it to a strength you like

You could also use a fruit juice such as apple and water it down to about 30% juice 70% water

Add a pinch of salt and shake to mix

Pre-event meal

(2-3 hours before event):

This would usually be breakfast but is dependent on when you are racing or competing.

Things to remember to focus on food which are going to cause the least upset to a nervous tummy:

- Low fat
- Low fibre (vegetables and fruit etc.)
- Low protein (meat, dairy, eggs etc)
- Carbohydrate based (pasta, rice, bread etc)

Everyone is different on a competition day and that is why it is important to know what your body likes and dislikes by practicing before the day.



Before (60 - 90 minutes):

1. The ideal mix here is that of slower burning carbs (lower on the Glycemic index) and a little protein mixed in
2. You should allow 60 minutes before your session as a minimum for it to digest
3. Avoid very sugary foods such as chocolate, biscuits or energy drinks

Breakfasts:

- Whole porridge oats, with nuts and honey
- Wholemeal bread, a nut butter like peanut and a banana
- Lactose free/soy/almond/coconut milk & yogurt options with some berries and honey
- Bagel and low-fat cheese
- Overnight oats or fruit and seeded muesli with milk
- A banana with a handful of nuts

Other ideas:

- Brown rice salad or pasta salad with Chicken/Quorn/some lean meat and salad
- Hummus and pitta
- Rice or oat cakes with a nut butter on top



Post-Event

You should eat within the first hour after finishing your event, this is going to help your recovery for your next race or training session. Sometimes competing will take away your appetite but you should try to eat something.

Key points to remember:

- Have something ready in your bag to eat straight away
 - Foods high in sugar are the order of the day- Sports drink, full sugar cola, sweet tea, Jaffa cakes, banana or a milkshake would be some good suggestions
 - It is also important to rehydrate, squash would be perfect for this
 - You should aim to eat a full meal within 2 hours
1. If you are doing a hard session which lasts longer than an hour, you might need energy (snacks) to keep you going
 2. This is where something sugary like a sports drink would be good, perhaps sweets such as jelly babies (fast energy) etc.

Other ideas:

- Fruit and nut cereal bar
- Banana
- Jaffa cakes or similar



Post - Key Points:

1. A nourishing snack straight away after the session, 15- 30 minutes maximum
2. A meal no more than 60-90 minutes after exercise
3. After a session target a protein and carbohydrate mixture within a meal or snack

Snack Ideas:

- Fruit smoothie with a nut butter mixed in or a scoop of protein powder.
- Ham sandwich (or equivalent)
- Omelette, many options of topping
- Beans or eggs on toast
- Yogurt mixed with berries or other fruit
- Tuna pasta salad
- Have a fruit and nut mix in your bag and grab a handful after the session

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Summary:

- Make a plan! Include timings for when you will eat
- Don't try anything new on race day. Practice your routine, this would be a good thing to try on a normal training day
- Buy the food you plan to eat. Often you can get flustered in the days before a competition, make sure you have what you intend to eat ready
- Be calm and clinical about your nutritional approach, food to fuel performance

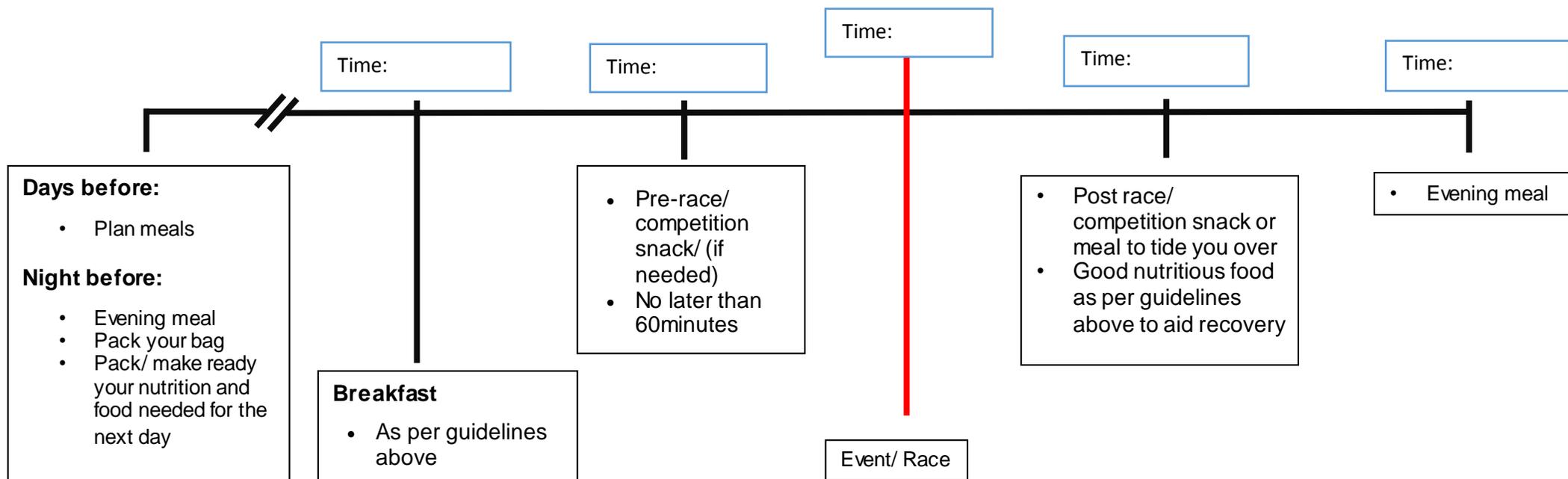
HEALTH & WELLBEING



Meal	Time	Food	Drink
Breakfast			
Lunch			
Snacks			



Competition Nutrition Timeline Planner



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