

USEFUL FACTS

Nutrition for Training

Why is it important?

- Your body is like a car, if you put the wrong fuel in it, it doesn't work as well.
- For sport, good nutrition is required to: maintain health and body weight, maximize the training effects, replenish glycogen stores and for the building and repair of tissue.
- Poor nutrition can lead to: a loss of muscle mass, menstrual dysfunction, loss or failure to gain bone density and an increased risk of fatigue, injury and illness.
- You cannot build a house without good foundations and the same goes with sports nutrition. If your training diet is inadequate then eating the right food during competition is not very useful.

When should I eat?

- To maximize your glycogen stores it is important to eat at least 200g of carbohydrate in the four-hour period before you train.
- When training for over 90 minutes, you should try and eat or drink some carbohydrate. You should aim to consume between 30-60g carbohydrate every hour.
- Muscle glycogen stores become depleted during training, so it is important to replenish them after training. You need to replace these as quickly as possible so you have energy for your next training session. This is important if you have more than one training session per day.
- It is best to consume about 1g carbohydrate per kg of body weight within the first 30-60 minutes after training.
- A small amount of protein (10-20g) at this time can help replenish muscle glycogen stores, repair muscle tissue, and optimize gains in lean body mass.
- Training is a good chance to experiment with different foods at different times to determine what works best for you.

What should I eat?

- It is important first to meet baseline nutritional requirements, so your body has enough nutrients for normal function. Growth and stressful environments can increase your nutritional needs.
- The best way to meet baseline nutritional requirements is to follow the healthy eating guidelines.
- During training, your body has increased nutrient needs. How much your requirements are increased depends on: training volume, frequency and intensity.

How much Carbohydrate do I need?

Activity (regular training 4-7 days/week)

Sports that involve low intensity training
e.g. lawn bowls

Sports that involve up to 60 minutes
moderate-high intensity training daily

Sports that involve 60-120 minutes
moderate-high intensity training daily

Endurance training: 2-5 hours of intense
training per day

Extreme endurance training: more than 5
hours of intense training per day

Grams of carbohydrate per kg of body weight (g/kg)

Meeting basic nutrition needs will provide
an appropriate carbohydrate intake

5-6g/kg

7-8g/kg

8-10g/kg

10g/kg

Healthy Eating Guidelines

- Eat a variety of foods from each of the four major food groups each day.
- Prepare meals with minimal added fat (especially saturated fat) and salt.
- Choose pre-prepared foods, drinks and snacks that are low in fat (especially saturated fat) and salt.
- Maintain a healthy body weight by regular physical activity and by healthy eating.
- Drink plenty of fluids each day.
- If drinking alcohol do so in moderation.