

## USEFUL FACTS

### Pre-competition & Recovery

- To perform well, your body needs to have adequate amounts of carbohydrates stored in your muscles and liver.
- Eating a carbohydrate-rich snack before sport tops up your stores, which can be very important especially during long or endurance events.
- Aim to consume between 200-400g of carbohydrate about 2-4 hours before competition.
- If the event is early in the morning, you may need to eat less carbohydrate 1-2 hours before and more carbohydrate during the event.
- Your pre-competition meal will be part of your recovery and preparation plan if you are in a tournament or cycle tour so it is important you get it right!
- Experiment with your pre-competition nutrition during training. It is not recommended to try new foods or drinks on the day on an important event.

### Carbohydrate Loading

- Carbohydrate loading is used prior to endurance events. It is of no benefit for sports of short duration.
- The goal of carbo loading is to load the muscles with glycogen to delay the onset of fatigue so you can maintain a higher intensity for longer.
- Carbohydrate loading can result in an increase in glycogen stores by as much as 200-300%.
- Carbohydrate loading before an event involves 3-4 days of gradual tapering of training, with a high carbohydrate intake (9-10g/kg body weight).
- It is important to increase your fluids at this time as your body needs water to store with the extra carbohydrate.
- You don't have to just eat bread and pasta when you carbo load. Sports drinks and liquid meal replacements can be used to increase your carbohydrate intake. These are not as bulky and may make it easier for you to achieve your carbohydrate requirements.

### Food for Recovery

- After competition it is important to:
  - Restore fluid and electrolyte balance
  - Replenish depleted glycogen stores
  - Provide nutrients to help repair muscle damage
- In the first ½-1 hour after competing, you should aim to eat 1gCHO/kg body weight, with some protein and begin drinking fluids.
- Within the next 2 hours, you should aim to have a high GI carbohydrate meal and follow this with regular meals and snacks and drinks for the rest of the day.
- By eating carbohydrate and some protein you will replenish your glycogen stores and help repair damaged muscle tissues.
- Good food during recovery is especially important if you are in a tournament situation when your recovery food also acts as your pre-competition nutrition.
- If you do not eat the right foods or enough to adequately replenish your glycogen stores, you will not be able to maximize the effects of your next training session.

### What should I eat before sport?

#### A meal or snack should provide:

- Sufficient fluid to maintain hydration
- High in carbohydrate
- Low in fat and fibre
- Is easy to digest and prevent stomach upsets (non spicy)
- Foods and fluids that you enjoy and familiar with

#### Pre-exercise snack ideas

- Split muffins or crumpets with honey/jam
- Creamed rice with fruit
- White toast with spaghetti, corn, banana
- Breakfast cereal (low fibre) with trim milk and/or yoghurt and/or fruit
- Porridge with trim milk
- Pasta with a tomato based sauce
- Risotto
- Banana or honey sandwich (white bread)
- Liquid meal supplement (sustagen sport)
- Sports drink (Horleys Replace, Carbolyte, Enervit)
- Low fat pancakes with fruit
- Baked potato with corn/spaghetti/tomato based sauce