

General Sports Nutrition Meal Planning

- * Take the time to PLAN!
- * Avoid skipping breakfast. Stay away from cartoon character cereals (Lucky Charms, Frosted Flakes, etc)
- * Make your own meals/snacks. Select whole food based options when possible
- * Nutrition on non-training days is just as important as on actual training days

Golden Rules For In-season Nutrition

- * Make sure you're consuming enough food to fuel performance when training intensely!!!
- * Proper nutrition for the "big tournament/race/meet" DOES NOT happen on the day of the event alone. It happens the days, weeks, and months leading up to the competition!

Macronutrient Roles

- * *Fat*: Primary source of energy at rest, Hormones
- * *Carbohydrates*: Primary source of energy during higher intensity exercise
- * *Protein*: Repairs and builds muscle

Hydration

Hydration Fluid loss = Performance loss.

Do not rely on thirst. Your performance has likely already started to suffer BEFORE your sensation of "thirsty" kicks in.