

Eat more before – have energy to burn when you train

Pre loading fuel stores by eating before and topping up energy during long training and competition is just as important as recovery strategies and what you will have when you finish. This is especially important with a multi-day event or high training load. Keeping carb stores full and regularly topping up energy stores is far more efficient for the body than depleting all stores and having to eat a lot at night to make up for what you have missed during the day. Under high activity loads you may need in excess of 400g of carbohydrates a day. This is best distributed during the day through regular snacks ranging between 30-60g of carbs and main meals up to 80g of carbs. The follow demonstrates some portion sizes so you can see if you are having either too much or not enough when you eat. (note, this is just the carb component of the meal not a whole meal) its also gives some good suggestions of foods to use as a carb top up which might be better than sugary snacks and drinks.

25g carb

1 Gu or powerbar gel

30g Carbohydrates

2 thin slices of bread with 2 tsp honey

400ml orange juice

¾ cup cereal with light milk

1 pita wrap or tortilla

2 regular slices raisin bread

220g tin Spaghetti

Banana in a slice of bread

500ml Powerade

2 large slices of bread (Helga's)

200g tub low fat yoghurt

7 Corn thins or 6 Cruskits

Up and Go popper

2 scoops of Powerade powder

Muesli bar + large piece of fruit

Tubes of custard or yoghurt + piece fruit

2 oat based muesli bars

7 Jelly Babies lollies

1 large bread roll

Can lemonade/soft drink

40g Carbohydrates

3 scoops of Sustagen on water

2 slices of bread with jam

1 cup cooked pasta

A banana in a bread roll

1 packet low fat 2 min noodles

3 scoops powerade powder

3 fresh dates

60g carbohydrates

Large banana and a 600ml powerade

4 heaped scoops of sustagen

3 scoops of Sustagen on water + 1 piece fruit

5 thin slices of bread

4 slice bread + 1 piece fruit

2 bread rolls with sandwich fillings

200g yoghurt and 1 cup tinned fruit OR fruit salad

4 Cruskits and 500ml Powerade

80g Carbohydrates

2 cups cooked pasta

1.5 cups cooked rice

1 cup cooked rice and a tortilla

1.5 cups pasta + 1 large potato

Eating around competition and fuelling long activity sessions.

Having glucose available to use is far more efficient and effective for performance than waiting for the body to break down another fuel source in the body, which may be from muscle or fat depending on the activity, to turn it into something that is just like glucose and use that to fuel activity. Having a substantial good quality carb load before you train or during a training session that goes longer than 60 minutes means the body has available fuel to push itself more and perform better. This may also mean having a top up of carbohydrates during a double session, be it gym or conditioning and then a skills session for an added energy boost **BEFORE** that second lot of effort is done. Simple low fibre, low fat, high carb options like a banana, cruskits or even a powerade will help maintain energy stores rather than trying to chase your tail after training or games are done.