



Race week and race day nutrition

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Topics covered today

- ▶ Basic race week nutrition & hydration guide
- ▶ What nutrients to focus on for optimal sports performance
- ▶ HYDRATION
- ▶ Race morning nutrition and hydration
- ▶ During competition fueling and hydration
- ▶ Post competition nutrition



Race week nutrition guide

- ▶ Carbohydrates are very important in race week however carb loading is not necessary
- ▶ You need to ensure you are getting in a variety of the essential nutrients required for optimal sports performance the week before a competition
- ▶ Adequate protein intake before and after all training sessions is vital in the week of a competition. This is to ensure you go into the competition in an anabolic state (build up state) not a catabolic state (breakdown state)
- ▶ This is definitely not the time to be dieting or restricting calories as it will leave you energy depleted and under recovered for race day!
- ▶ Hydration in and around training is VERY important – being dehydrated by just 2% negatively effects sports performance by 27%!!!

Essential nutrients required for optimal sports performance

- ▶ Carbohydrates
- ▶ Protein
- ▶ Iron
- ▶ Water and Electrolytes
- ▶ Good fats & Essential fatty acids (EFAs)
- ▶ Vitamin C and Zinc



Day to day water intake

- ▶ Start each day with a large glass of water
- ▶ To ensure you drink plenty of water during the day between meals, carry a water bottle around with you & have it at your desk, but avoid chugging water at meals as this dilutes your digestive enzymes
- ▶ If you always forget to drink, try setting your phone alarm to remind you every hour – it gets so annoying you will remember
- ▶ On non training days aim for at least 2 – 2.5 litres of water
- ▶ If you drink coffee, every coffee = 1 negative glass of water!!
- ▶ Always drink water in every training session!



Training sessions – water & electrolyte intake

- ▶ Water is essential during all exercise
- ▶ For every hour of exercise the body needs 600ml – 1 litre of extra water, this is on top of your daily intake of 2 litres!
- ▶ If you are interested in testing your average water loss, you can weigh yourself before exercise, then exercise for 1 hour without hydrating and then weigh yourself post exercise. 1 litre of water weighs 1kg, so if you have lost 800g then you lose approx. 800ml of water per hour of exercise
- ▶ Any training session longer than 75-90mins or for any females in the luteal phase of their cycle, both water **and** electrolyte rehydration is required in training
- ▶ Both water & electrolytes assist with a wide range of chemical reactions throughout the body
- ▶ Electrolytes regulate the amount of water in the body & delegate where water is distributed to
- ▶ **Magnesium** increases blood flow to muscles which aids in the removal of lactic acid and greatly reduces muscle cramps
- ▶ Low water & electrolyte intake results in impaired muscle contractions, slow reaction time, cramps, fatigue and impaired sports performance

Hydration guide in training sessions that are longer than 90 minutes

Females

Hard sessions:

1 litre water
400ml electrolyte drink

Moderate session:

800ml – 1 litre water
300ml electrolyte

Easy session:

800ml water
200ml electrolyte

Males

Hard sessions:

1.2 litre water
500ml electrolyte

Moderate sessions:

1 litre water
400ml electrolyte

Easy session:

800ml – 1 litre water
250ml - 300ml electrolyte

ASADA/ Informed Sports approved good quality electrolyte drink brands

- ▶ **Pro4mance** – produrance endurance electrolyte drink
- ▶ **SOS Hydration** - any of their products are fine. BUT these are lower in carbs so you need to get carbs coming in through food for optimal energy!!
- ▶ **Body Science** - BCAA and electrolyte blend. This is good particularly for girls in the Luteal phase (high hormone phase)



Race morning nutrition

Food

- ▶ Don't try anything new for breakfast!
- ▶ Eat breakfast as soon as you wake up
- ▶ **Good breakfast ideas to have are:**
- ▶ Healthy pancakes – see recipes in handout
- ▶ 1-2 slices of sourdough toast spread raw nut/seed butter & a sliced banana or strawberries or raw honey
- ▶ Any of the overnight oat recipes on the last handout
- ▶ Weet-bix with sliced banana & raw nuts/seeds or nut butter or Greek yoghurt
- ▶ Eggs on sourdough toast with or without some avocado
- ▶ **Afternoon session** – get up have regular breakfast and then have an early lunch at about 11.00/11.30.
- ▶ Lunch focus on carbs – rice, pasta, starchy veggies, sourdough bread, but also protein that you find easy to digest!!

Fluids

- ▶ As soon as you wake up have a large glass of water
- ▶ Don't have sports drink in the morning – only start drinking this after your first race (to avoid blood sugar spike and then crash)
- ▶ You need to make sure you get to race day well hydrated – so focusing on hydrating well in training and outside of it at all times is super important
- ▶ Avoid dehydrating drinks like excess amounts of coffee, soft drink and energy drinks in the week leading up
- ▶ Continuously sip on water on race morning – take your water bottle with you everywhere!

During event nutrition

- ▶ Most athletes do not eat enough during a competition
- ▶ Every time you enter the water you use up stored energy – so you need to replace this lost energy with a snack so you go into each race with 100% stored energy ready to go!
- ▶ Warm up, put your racing bathers on and then have a snack
- ▶ After each race and cool down make sure you have a snack.
- ▶ If you have a small break between races nibble on a small snack, if you have a longer break nibble on a bigger snack
- ▶ If you find it hard to get back to your food bag carry snacks in your jacket pocket!
- ▶ If there is a lunch break try to get a small/medium sized “meal” in – salad and protein wrap or roll, rice/ pasta and veggies, brown rice sushi



Snacks ideas for competitions

- ▶ Fruit of choice whatever you enjoy eating is fine
- ▶ Veggie sticks – have with dip or on their own or have celery sticks stuffed with peanut butter
- ▶ Dried fruit – dates, figs, apple or apricots are best
- ▶ Trail mix - nuts of choice, pumpkin seeds, chopped up dried fruit (above) or sultanas and shredded coconut, feel free to add in some dark chocolate drops too
- ▶ Bliss/ protein balls/bars and or raw food bars – see good brands in handout
- ▶ Carmen's or Red Tractor muesli bars
- ▶ Home-made muffins or banana breads – see handout & go to Healthy Chef website
- ▶ Brown rice crackers with dip or nut butter or on their own is fine too
- ▶ A raw honey sandwich using sourdough bread
- ▶ Mountain bread wraps or sourdough rolls filled with salad and good quality ham or turkey OR sliced banana & raw nut butter/ raw honey
- ▶ Rice or pasta with veggies & cheese
- ▶ Tamara valley or Jalna pouch of purity kids squeezy yoghurts (if tolerated)

Hydration in competitions

- ▶ Water – helps you access and use the energy stored in your muscles when you are racing. So, carry your water bottle around with you everywhere !
 - ▶ Sip on water throughout the comp – in warm up, cool down, while in marshalling and while relaxing between races
 - ▶ You can start sipping on electrolyte drink after your first race
 - ▶ Always focus more on water, but for a full day competition you should still get through a whole bottle of electrolyte drink and even more water!
 - ▶ Practice drinking water throughout your training sessions so your body is use to absorbing it during warm up and cool down
- ▶ **Females when in the luteal phase** - the body doesn't utilise carbs as easily in this phase!
 - ▶ So when at training and competitions during this phase you really need to make sure you regularly get some carbs coming in - this will mean the body has more carbs to use making it easier to turn these carbs into energy
 - ▶ This is where carb-based electrolyte drinks can be really useful at competitions!
 - ▶ The luteal phase starts after ovulation (when your ovaries release an egg) and before your period starts.

Post competition nutrition

- ▶ Post event eating should be similar to post training eating. Sometimes you might not feel like eating at this time but it is very important for recovery.
- ▶ Need to eat within 30 minutes of getting out of your final cool down swim – if not sooner!
- ▶ If you can't get a main meal in within 30 minutes you must have a post exercise snack to tie you over till you eat a main meal
- ▶ Post comp main meal: focus on carbs, protein, good fats and antioxidants (colourful foods)



Recovery Nutrition – this is the most vital time in an athlete's day to get their nutrition correct!

Why you need to eat ASAP after training

- ▶ Food will change the body from a catabolic state (breakdown) into an anabolic state (building)
- ▶ Need to replace used glycogen (energy) stores
- ▶ Need to eat food ASAP to reduce cortisol levels for optimal immune, good gut bacteria function and for iron absorption
- ▶ Focus on carbohydrates and protein food sources
- ▶ Females need to eat within 30 minutes of finishing training & males within 45-60 minutes
- ▶ Females need more on protein after training than males, because of higher levels of progesterone
- ▶ Need to replace fluid and lost electrolyte

Post training food ideas

- ▶ Leftovers from last night's dinner
- ▶ A protein shake with piece of fruit (TRUE protein is a good brand)
- ▶ A slice of sourdough toast with raw nut butter and sliced banana
- ▶ A slice of sourdough toast with vegemite & avocado with a side of 12 raw almonds
- ▶ Greek yoghurt, muesli/granola and fruit
- ▶ Large handful of trail mix -almonds, cashews, pumpkin seeds, dried cherries/dates/apricots and some dark chocolate drops
- ▶ A super hero muffin – see recipe in handout
- ▶ Eggs, sourdough toast with some tomato/ avocado / goats cheese
- ▶ A breakfast, lunch or dinner meal
- ▶ Protein balls/ bars (KIC, Health Lab or Blue dinosaur brands)

Key nutrients & foods to build a nourishing post comp meal

FIBRE rich carbs

- A mix of colourful veggies
- Fresh fruit
- Brown, red, black or wild rice, basmati rice
- Quinoa – any colour
- Legumes – lentils, chickpeas, beans
- Rye sourdough/spelt bread
- Traditional rolled oats
- Barley, Freekeh, amaranth buckwheat
- Raw nuts & seeds

PROTEIN

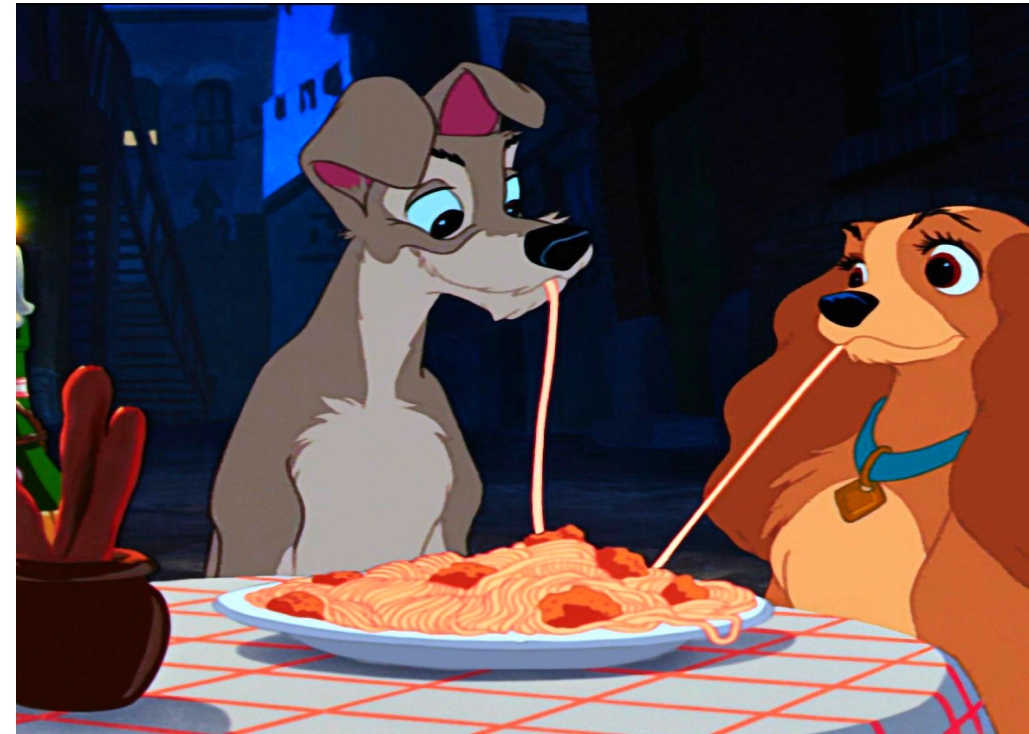
- Grass fed beef or lamb
- Free range chicken, turkey
- White fish or oily fish
- Free range eggs
- Organic tempeh
- Legumes – lentils, chickpeas, beans
- Raw nuts & seeds & nut/seed butters
- Good quality protein powder
- Plain natural/Greek yoghurt
- Plain cottage cheese

GOOD FATS

- Oily fish – salmon, mackerel, trout, sardines
- Avocado
- Extra virgin olive oil
- Olives
- Hemp seeds/hemp seed oil
- Cold pressed coconut oil or plain coconut milk/yoghurt
- Plain Greek/natural yoghurt
- Feta or goats cheese
- Grass fed butter/ghee
- Raw nut/seed butters

Post competition dinner ideas

- ▶ Meat/tempeh & veggie stir-fry with black or brown rice
- ▶ Pasta Bolognese (with lots veg)
- ▶ Casserole/ slow cooked meal/ dahl serve with coloured rice or mashed potato and veggies
- ▶ Salmon, sweet potato mash & veg
- ▶ Chili con carne with brown rice, avocado and fresh herbs (*The healthy Chef online has a great recipe*).
- ▶ Meat skewers, veg & black rice.
- ▶ Stuffed sweet or white potato with chickpeas, veggies and cheese
- ▶ Poke bowl or buddah bowl with a mix of veggies, rice or quinoa, some protein, guacamole & some legumes or edamame



Summary

- ▶ Practice hydrating properly throughout the day and at training sessions now so you always go into a competition well hydrated
- ▶ Don't try anything new on race day – practice all the food and fluids you will be consuming on race day before hand!
- ▶ Eat more while at competitions – every time you enter the water even just for a cool down you deplete your glycogen stores!!
- ▶ Refueling as quickly as possible after a competition is just as important as refueling after a training session!!



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- ▶ Please visit the link above to download this power point presentation and handout
- ▶ Thanks for tuning in 😊

