



# PERFORMANCE NUTRITION: Competition Ready

## What Do You Need to Perform?

### Challenges of Competition Fuelling:

- 1 Unfamiliar environment
- 2 What am I using / losing?
- 3 Am I eating at least every 3-4 hours?
- 4 What foods do I have access to?
- 5 Nerves / anxiety before performance
- 6 May not tolerate the same foods

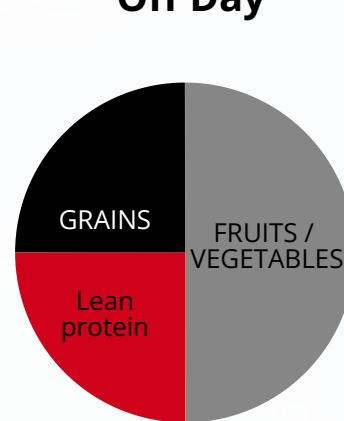
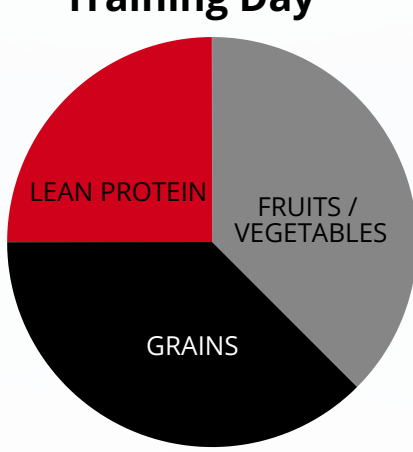
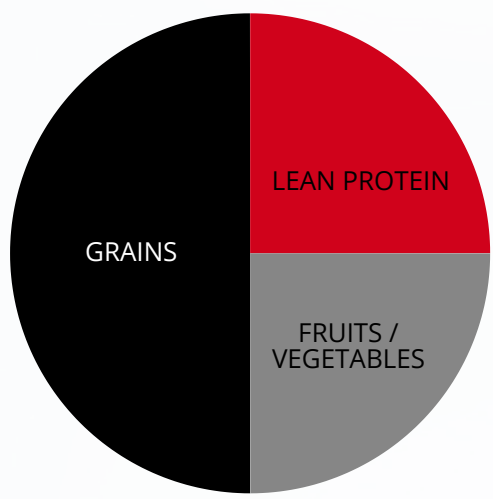
### PRIORITIES

- 3-4 hours before**
  - Carbohydrate-rich meal
  - Lower in fat and fibre
  - Consistent fluid intake
- <1 hour before**
  - Small, easy to digest carbohydrate-rich snack
  - Limit excessive fluids
- Shortly after**
  - Carbohydrate and protein-rich snack
  - Replace fluid and electrolytes
- 1-2 hours after**
  - Carbohydrate and protein-rich meal
  - Continue regular fluid intake

#### Hard Training Day

#### Easy-Moderate Training Day

#### Light Training / Off Day



### Rates of Digestion

Carbs    Carbs & Protein    Fats

- Quick Energy: from Carbs
- Sustained Energy: from Protein & Fat
- Slowest to Digest: Fats



All needs are different and each athlete is unique. There is no one-size-fits-all nutrition intervention. Consult with a sport dietitian to help optimize your health and performance.



## Excellence ≠ Perfection

- Nutrition will look different for everyone
- Start educating yourself on the composition of foods and experimenting with them in training scenarios
- Find a balance between fuelling for performance and pleasure
- Reach out to qualified professionals!

### Set your Intentions

**GOALS:** identify an area you think you could improve upon

Select 1-2 specific goals that you want to implement

ie. "I'm going to keep a stash of beef jerky and granola bars in my bag for recovery after training."

### Prepare for Performance

#### WELL RESTED

Slept at least 8-10 hours per night

#### WELL RECOVERED

Limit muscle soreness by following mobility / stretching routines

#### WELL HYDRATED

Sip on water throughout the day and monitor urine colour

#### WELL FUELLED

Pair protein and carbs at meals and snacks in addition to eating every 3-4 hours

### RECOVERY

#### Stage 1: Immediate

- Within 30 - 60 mins of last effort

#### Stage 2: Secondary

- Within 1-2 hours of last effort.

#### Rehydrate

- <1 hr/ low intensity = water/electrolyte, no recovery
- > 1 hr/medium-high intensity = sport drink/electrolyte + recovery
- 125 % of fluids lost should be replaced

### Competition DO's & Don'ts

DO's	DON'Ts
Bring food / beverages	Rely on food provided
Pack preferred foods	Wait until you are hungry / thirsty
Have a plan: When can you compete? When can you eat / hydrate? What will you eat / drink?	Try new foods / drinks for the first time

### PREPARATION / RECOVERY COMBOS

#### MEALS

- Fish Tacos with sweet potato fries
- Grilled chicken sandwich, potatoes, and salad
- Eggs, oatmeal, nut butter, and fruit
- Power bowl: a whole grain, veggies, lean protein, avocado, and dressing

#### SNACKS

- Smoothie
- Fruit and Greek yogurt
- Cereal with milk
- Granola bar
- MRD (i.e. boost)
- Tuna and crackers
- Beef jerky with carrots and hummus
- Overnight oats

#### TOP UPS

- Sport gels or drinks
- Crackers + sips of water
- Fruit snacks
- Pretzels + sips of water
- Dried fruit / dates
- Banana / orange
- Energy bites
- Granola bar / natural food bar

