FUEL BEFORE FINE TUNING + WHAT I WISH I KNEW AT 16

ENGLAND ATHLETICS

DiSE Diploma in Sporting Excellence

Loughborough COLLEGE

WHO AM I?


LOUGHBOROUGH COLLEGE
H E Centre

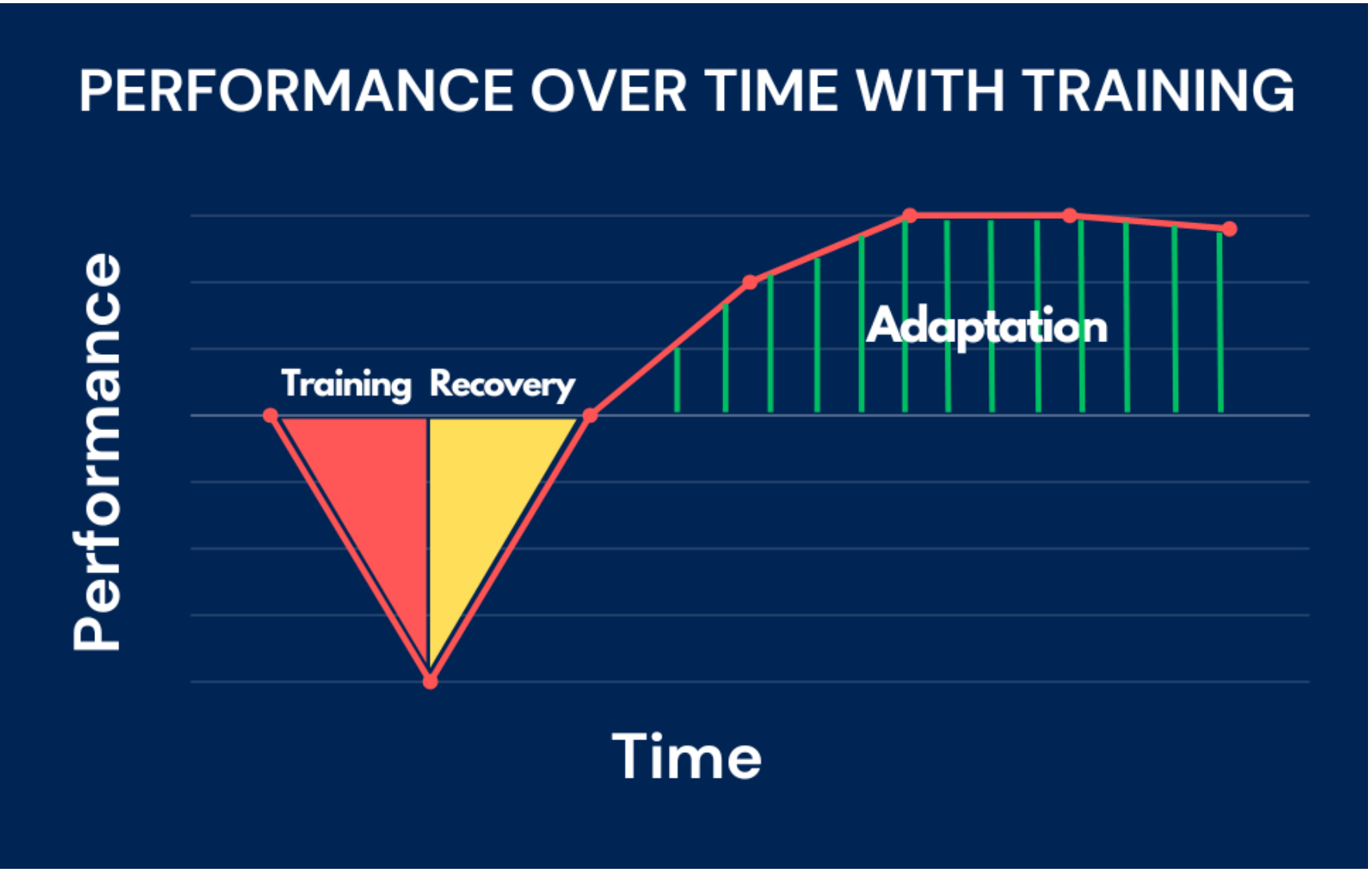
ATHLETE QUESTIONS

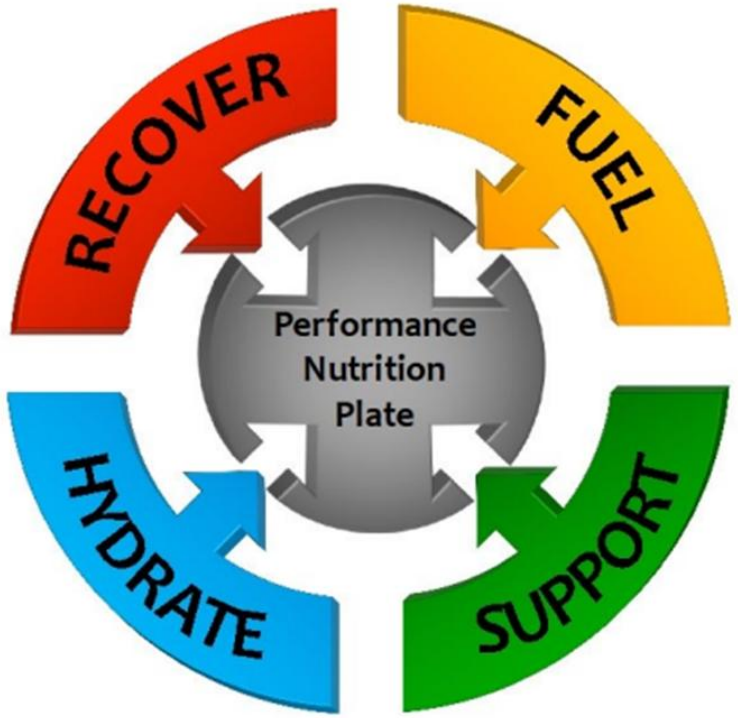
QUICK TASK

What area around nutrition confuses you the most?

EA Athletes Task 1

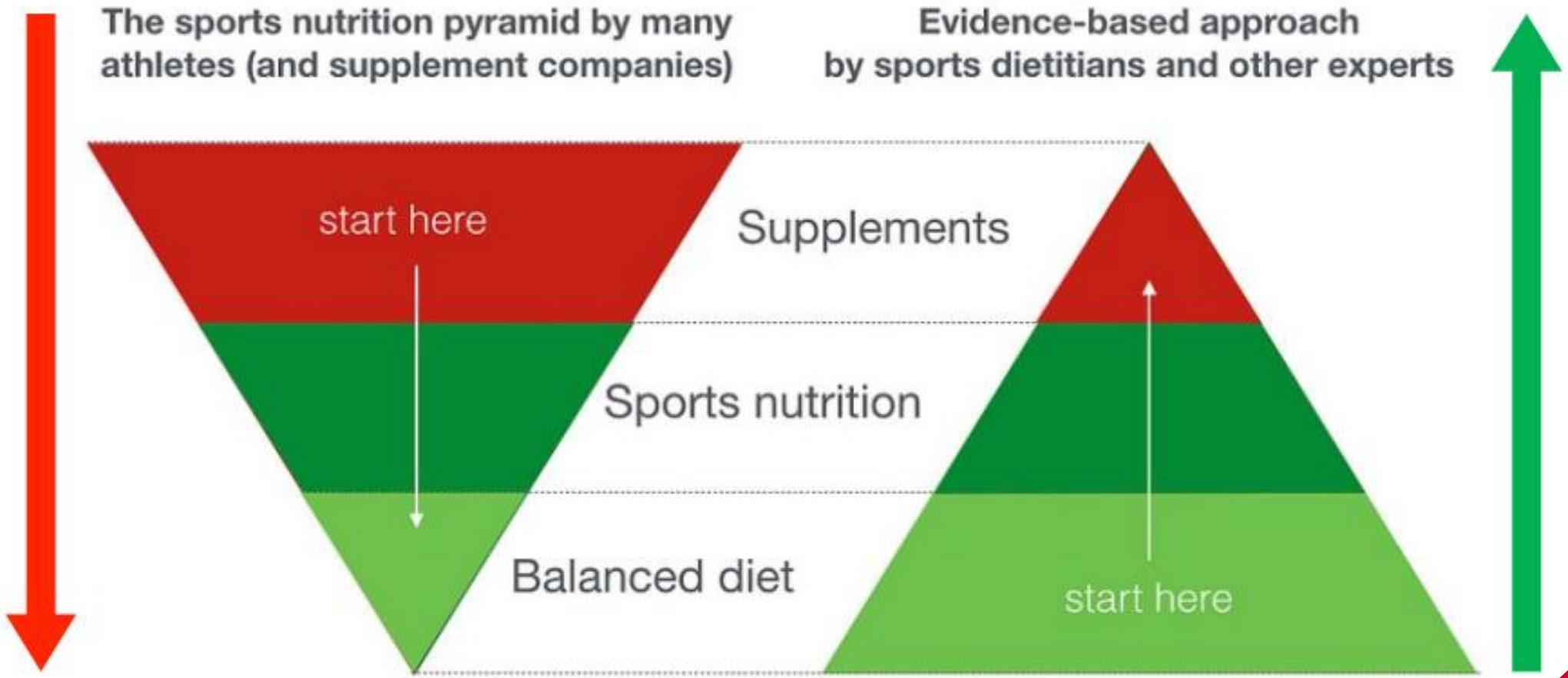
WHAT MAKES ATHLETE BETTER?





WHAT DO YOU THINK ELITE ATHLETES DO DIFFERENTLY?

CONSISTENCY


The sports nutrition pyramid by many athletes (and supplement companies)
Evidence-based approach by sports dietitians and other experts
start here
Supplements
Sports nutrition
Balanced diet
start here

THE BORING HABITS













Fuel training with carbs

Consistent protein throughout the day

High nutrient density

Ensures optimal hydration

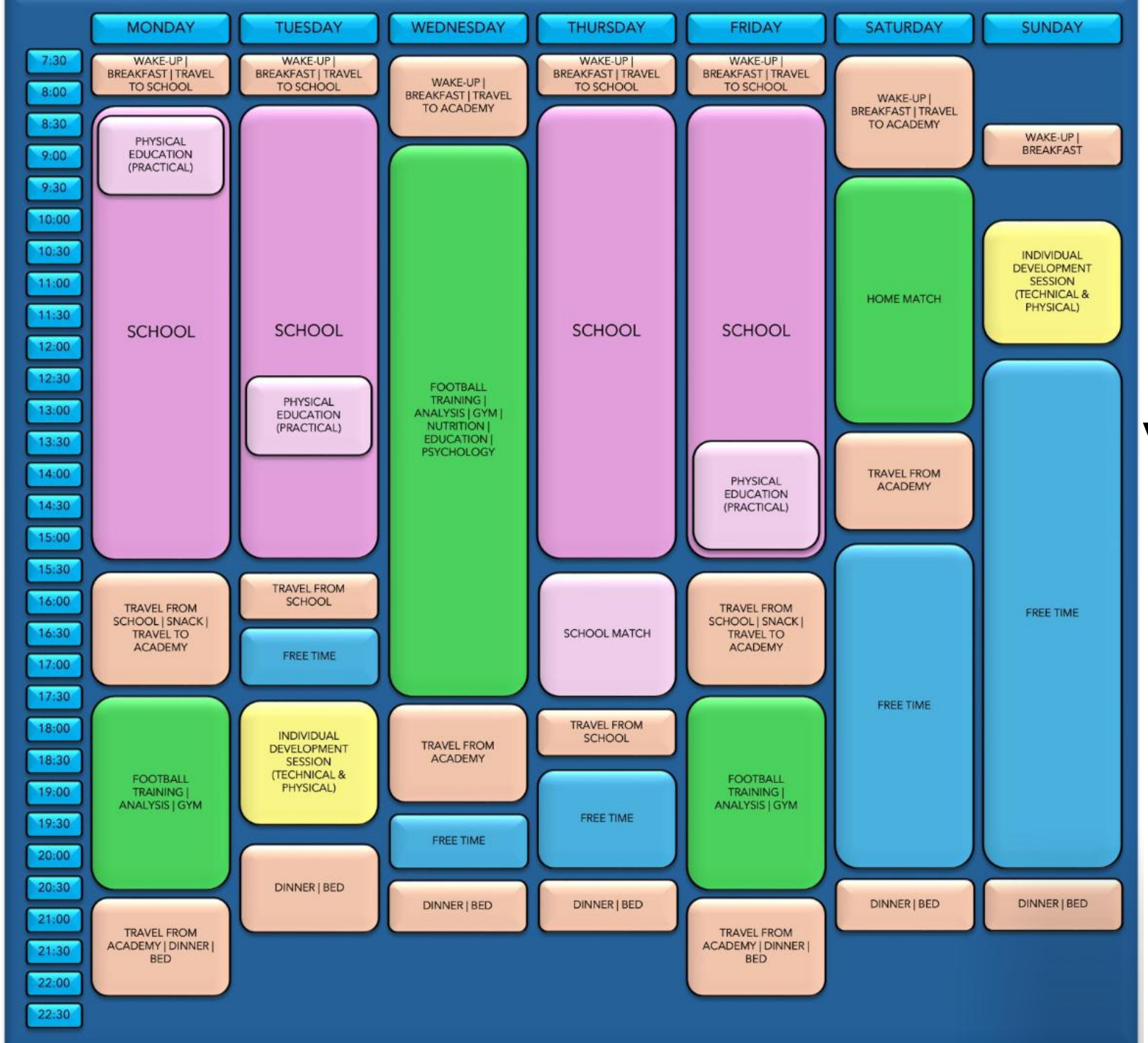
Eat breakfast

Uses simple sugars to fuel high intensity

Eats the rainbow of fruit and veg

Eating enough

NUTRITION FOR 24/7 ATHLETE

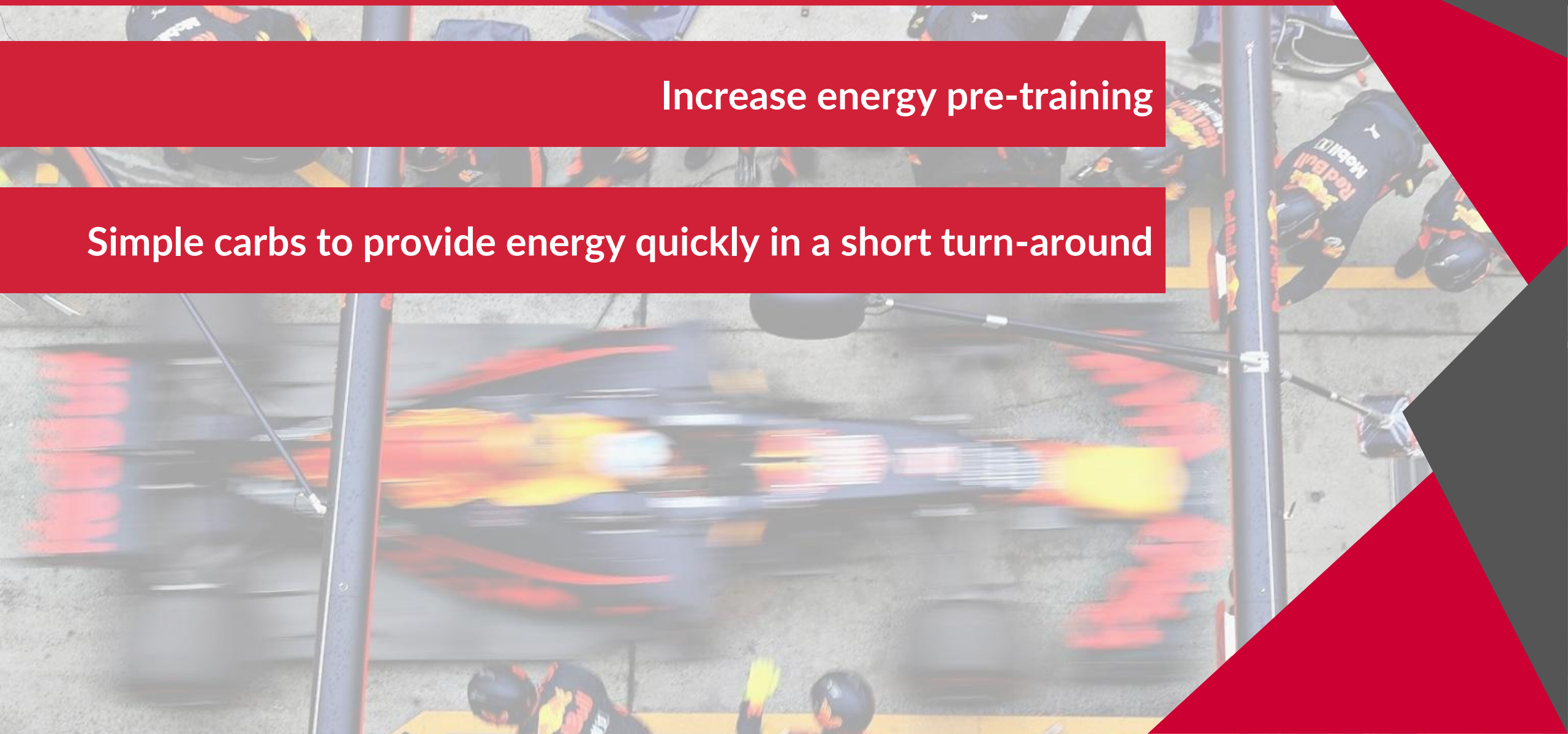


What are your biggest challenges?

PIT STOP SNACK



PIT STOP SNACK AIMS



Increase energy pre-training

Simple carbs to provide energy quickly in a short turn-around

PIT STOP SNACK EXAMPLES

Grab & go carb snacks pre-training























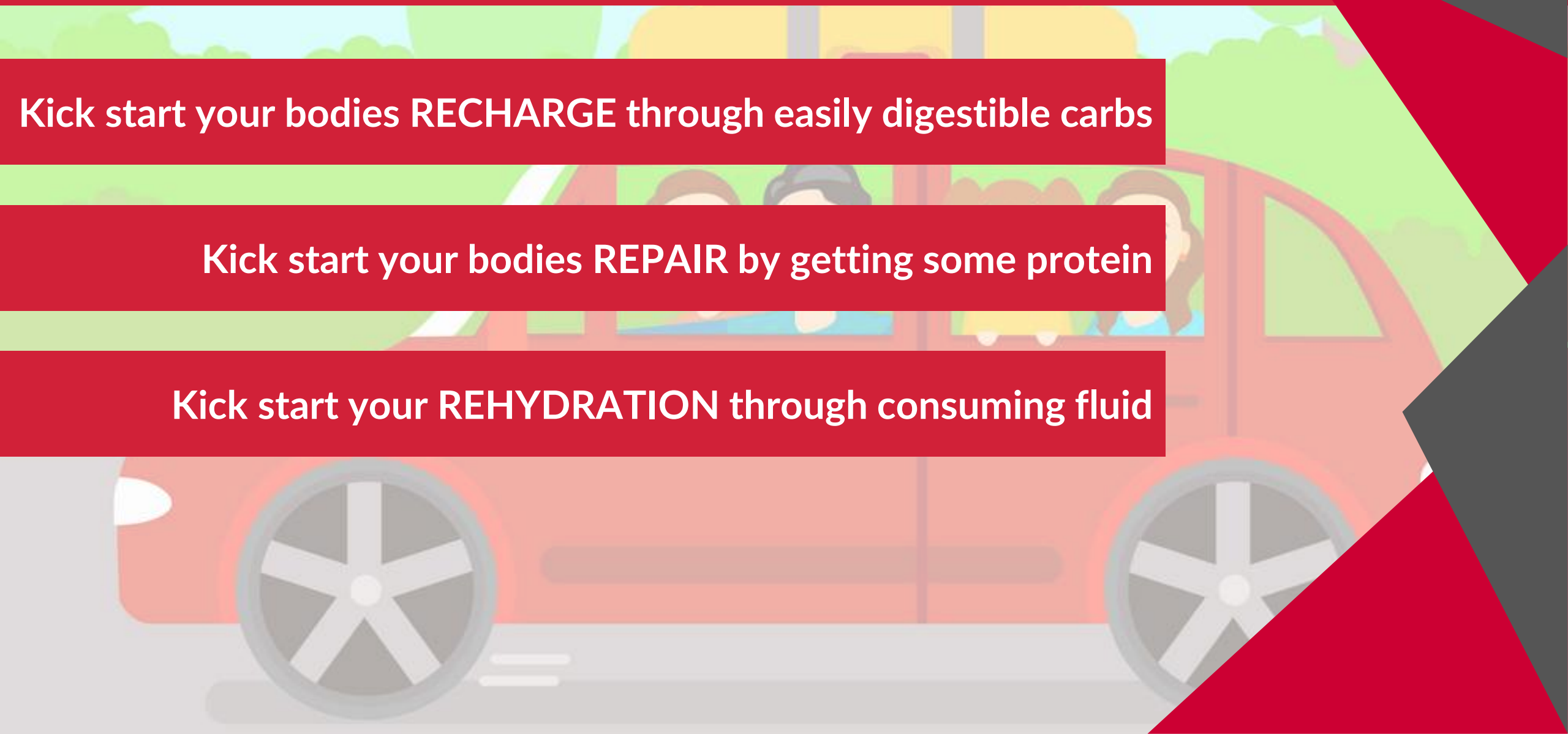



HOKA

PRACTICAL EXAMPLES



TRAVEL HOME AIMS



Kick start your bodies RECHARGE through easily digestible carbs

Kick start your bodies REPAIR by getting some protein

Kick start your REHYDRATION through consuming fluid

PRACTICAL EXAMPLES

TO HAVE ON THE WAY HOME – snack items to kick start recovery



















PRACTICAL EXAMPLES



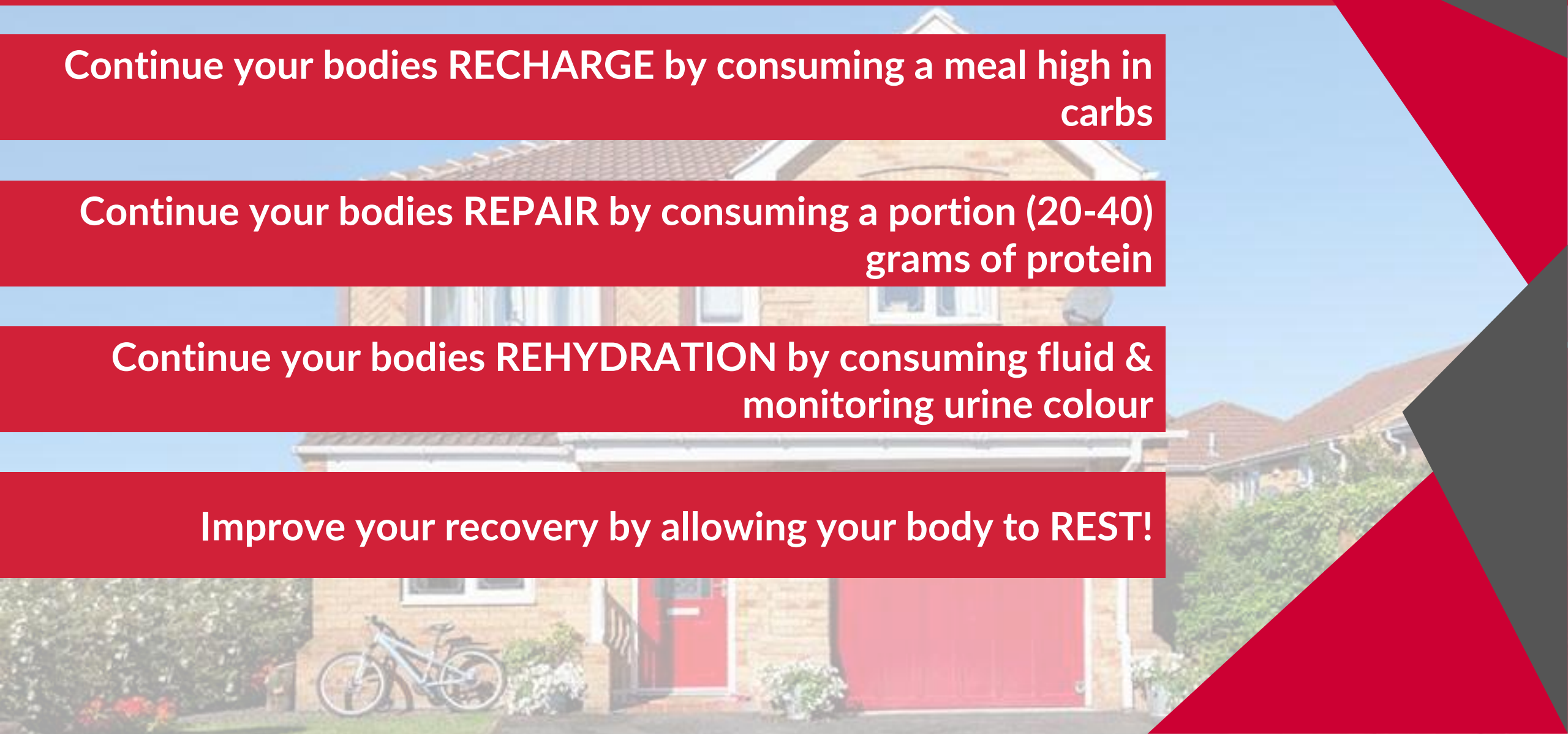
AT HOME AIMS

Continue your bodies RECHARGE by consuming a meal high in carbs

Continue your bodies REPAIR by consuming a portion (20-40) grams of protein

Continue your bodies REHYDRATION by consuming fluid & monitoring urine colour

Improve your recovery by allowing your body to REST!



PRACTICAL EXAMPLES

MAIN MEAL AT HOME– More substantial meals to facilitate optimal recovery









THERES NO RIGHT OR WRONG, SOMETHING THAT CONTAINS CARBS & PROTEIN. CONTINUE WITH REHYDRATION ASPECT OF RECOVERY TOO


10:07
BBC SPORT
u keep this up, you'll
a wheelchair at 30"
0:00 / 1:24
Add comment...

SIGNS, RISKS & CONSEQUENCES OF UNDERFUELLING



HOWEVER, WHEN YOU GET IT RIGHT













BETTER TRAINING QUALITY

BETTER RECOVERY

BETTER ADAPTATION

BETTER CONSISTENCY

BETTER PERFORMANCE

BETTER MOOD

REDUCED INJURY RISK

REDUCED ILLNESS

What are you going to change between now and your next session?

PART 2:

WHAT I WISH I KNEW AT 16

INTRODUCING THE PANEL

EA Athletes - Questions for the panel