

TRAINING SCENARIOS & EATING DILEMMAS

1. EARLY MORNING TRAINING

Light pre-training breakfast

- Aim to eat within the hour before training.
- Vital for a successful, energy-fuelled performance in your training session.
- Hi-GI carbohydrates such as **cereal bar, banana, toast, corn & wheat based cereal bowl, some dried fruits (e.g. raisins) etc.**
- Don't forget to drink plenty of **water** too!

Post-training breakfast

- Aim to eat within the first hour after training to kick-start the recovery process (2 hours maximal wait).
- If time is limited (e.g. you're heading to a lecture), ensure you have suitable snacks in your kitbag.
- Hi-GI carbohydrates (as before) & protein such as **fruit-based yoghurt, eggs, dried fruit & nuts etc.**
- Continue to drink plenty of **water**.

Lunch

- Aim to eat a wide range of foods at this meal to continue the recovery process – 3-4 hours after training usually.
- Focus on Mod-Low GI foods to sustain you through the afternoon, with good protein foods, such as **multigrain (granary) bread sandwich/baguette with tinned tuna/salmon & salad filling or tomato-based whole-wheat pasta dish with lean chicken/tuna.**
- Continue to maintain good hydration by drinking plenty of fluids.

2. MID-MORNING TRAINING

Breakfast

- This should be eaten 3-4 hours prior to training to get a good energy base ready for your performance later in the morning.
- Aim to eat a breakfast based around Mod-Low-GI carbohydrate foods, such as **oat-based muesli, porridge, all bran etc.**
- Don't forget to drink plenty of water to ensure good hydration.

Pre-training snack

- Especially important if your session is likely to be fairly intense for more than 1 hour.
- For instant available energy, top up your stores with a Hi-GI snack within the hour before training, such as a **cereal bar, banana, toast, raisins etc.**
- Continue to drink so you are fully hydrated prior to your training session.

Post-training lunch

- Aim to eat within the first hour after training to kick-start the recovery process (2 hours maximal wait).
- If time is limited (e.g. you're heading to a lecture), ensure you have suitable snacks in your kitbag (refer to SNACKS list).
- Hi-GI carbohydrate based lunch with protein, such as **baked potato with tuna and salad, white/wholemeal bread sandwich/baguette with lean ham salad filling.**
- Continue to drink plenty to replenish losses during training.

Mid-afternoon snacks

- To keep your energy levels sustained, try some Mod-Low GI carbohydrate snacks, such as an **apple, dried apricots, plums etc.**
- Maintain your fluid intake so you remain well hydrated.

3. EARLY AFTERNOON TRAINING

Breakfast & mid-morning snacks

- All foods consumed during the morning should be aimed at building a sustained energy base ready for your performance in the afternoon.
- Aim to eat a breakfast based around Mod-Low-GI carbohydrate foods, such as **oat-based muesli, porridge, all bran etc.**
- To keep your energy levels sustained, try some Mod-Low GI carbohydrate snacks, such as an **apple, dried apricots, plums etc.**
- Don't forget to drink plenty of water to ensure good hydration.

Light lunch or pre-training snack

- Lunch should serve to provide some immediate energy for your forthcoming training session.
- Aim to eat a lunch based around Hi-GI carbohydrate foods, such as **white/wholemeal bread sandwich/baguette with egg salad filling, soup & bread roll/s etc.**
- Continue to drink plenty of water so you are well hydrated for your training session.

Post-training Lunch / snacks

- Aim to eat within the first hour after training to kick-start the recovery process (2 hours maximal wait).
- The intensity of your training session will dictate how much you need to eat in recovery, be it a larger lunch or small snacks.
- Hi-GI carbohydrate based foods with protein, such as **banana with handful of cashew nuts, white/wholemeal bread sandwich/ baguette with lean ham salad filling.**
- Continue to drink plenty to replenish losses during training.

Evening meal

- Aim to eat within 3-4 hours after training to continue your recovery.
- Focus on Mod-Low GI foods, with good protein foods, such as **tomato-based whole-wheat pasta dish with lean chicken, grilled salmon fillet with mixed vegetables etc.**
- Maintain your fluid intake so you remain well hydrated.

4. LATE AFTERNOON TRAINING

Breakfast & mid-morning snacks

- All foods consumed during the morning should be aimed at building a sustained energy base ready for your performance in the afternoon.
- Aim to eat a breakfast based around Mod-Low-GI carbohydrate foods, such as **oat-based muesli, porridge, all bran etc.**
- To keep your energy levels sustained, try some Mod-Low GI carbohydrate snacks, such as an **apple, dried apricots, plums etc.**
- Don't forget to drink plenty of water to ensure good hydration.

Lunch

- Aim to eat a wide range of foods at this meal to continue the preparation for your training session.
- Again focus on Mod-Low GI foods with good protein foods, such as **multigrain (granary) bread sandwich/baguette with tuna/salmon & salad filling or tomato-based whole-wheat pasta dish with lean chicken.**
- Continue to maintain good hydration by drinking plenty of fluids.

Pre-training snack

- Especially important if your session is likely to be fairly intense for more than 1 hour.
- For instant available energy, top up your stores with a Hi-GI snack within the hour before training, such as a **cereal bar, banana, toast, raisins etc.**
- Continue to drink so you are fully hydrated prior to your training session.

Post-training snack & evening meal

- Aim to eat a Hi-GI snack and some protein within the first hour after training to kick-start your recovery process, such as a **handful of nuts and raisins or a fruit & nut cereal bar.**
- Follow this with a full meal of a mix of Hi/Mod/Low GI carbohydrates with protein to continue a full recovery in terms of energy and muscular repair, such as **baked beans, eggs and mushrooms on toast, followed by a yogurt and some fruit etc.**

5. EVENING TRAINING

Breakfast & mid-morning snacks

- All foods consumed during the morning should be aimed at building a sustained energy base ready for your performance late in the day.
- Aim to eat a breakfast based around Mod-Low-GI carbohydrate foods, such as **oat-based muesli, porridge, all bran etc.**
- To keep your energy levels sustained, try some Mod-Low GI carbohydrate snacks, such as an **apple, dried apricots, plums etc.**
- Don't forget to drink plenty of water to ensure good hydration.

Lunch & mid-afternoon snacks

- Again focus on Mod-Low GI foods with good protein foods, such as **multigrain (granary) bread sandwich/baguette with tuna/salmon & salad filling or tomato-based whole-wheat pasta dish with lean chicken.**
- Top up your energy levels with further Mod-Low GI carbohydrate snacks, such as **multigrain toast, apple, dried apricots, plums etc.**
- Continue to maintain good hydration by drinking plenty of fluids.

Light evening meal or pre-training snack

- Depending upon the time & intensity of your evening training session, the size of this meal will vary – e.g. late training will allow you to digest a light meal, whereas early evening training will mean you can only fit in a snack (in the latter case, ensure mid-afternoon snacks were substantial to sustain you through training).
- Focus on Hi-GI carbohydrates within the 1-2hours prior to training.

Post-training snack OR evening meal

- Aim to eat a Hi-GI snack and some protein within the first hour after training to kick-start your recovery process, such as **a handful of nuts and raisins or a fruit & nut cereal bar or toast with jam.**
- Follow this with a meal (if training was early evening) of a mix of Mod/Low GI carbohydrates with protein to continue a full recovery such as **baked beans, eggs and mushrooms on toast, followed by a yogurt and some fruit etc.**
- Keep drinking to replenish lost fluids and regain hydrated status.



□ EATING ON THE RUN & PLANNING MEALS OVER THE DAY AND/OR WEEK

- Do not be tempted to skip any meals, especially breakfast, and instead see all meals and snacks as essential re-fuelling stops.
- Most student athletes have to eat lunch on the run, but it is still essential to top up for the afternoon training session or continue recovery from the morning session.
- If your training/competition is in the evening, turn your day around and have a larger, main meal at lunch and a lighter snack post-game/training – this way, you make sure your overall energy intake is still sufficient.
- Healthy snacks are an essential part of a winning diet for athletes, simply to meet the energy requirements of your sport and daily lifestyle as well as providing vital energy at the right times (e.g. immediately before or after training).

- It is often cheaper and more time efficient to cook meals in large batches, then separate it into individual portions for meals throughout the week, e.g. Bolognese, chilli-con-carne etc.
- Know your schedule in advance and plan for days when cooking meals may be a problem – this could be done on a weekend as you look at your week ahead of training and studying etc.
- If you know you will struggle to cook the next day, make a bit extra of your main meal and save it to be re-heated the next day.
- If you are living with like-minded athletes, why not agree to cook for each other – if your housemate cooks a meal and leaves yours to be re-heated when you return from your evening training session, this saves you time and ensures you have a nutritious meal. Just remember to plan to return the favour!
- If you are planning to eat out, make sure you are aware of the healthier options for you as an athlete – refer to the 'Making healthier choices when eating out' handout. Also, restrict your alcohol intake as your body takes ~3-4 days to recover from a binge session and so any training in that period is affected and your performance will suffer.