

## **Time your meals/fluids for Increased ENERGY and great RECOVERY!**

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Remember, your body needs the proper fuel at the proper time in order to work correctly!

### **BEFORE:**

It is recommended to eat a high carbohydrate meal about 3 hours prior to practice/events.

Then you should eat a small carbohydrate snack 30 mins to 1 hour prior to activity to "top off your carbohydrate tank!"

Hydration...

- drink throughout the day

- drink 2 cups of fluid about 2 hours prior to practice/event

- drink 1 cup during warm ups, or just as beginning

### **DURING:**

An athlete should take in 30-60 grams of carbohydrate (120-240) calories per hour every hour when the activity is going to last more than 90 minutes.

This will help keep your glycogen stores full, improving endurance and increasing the duration of the activity.

This can be done with real food, sports drinks, etc.

Hydration...

- drink a sports drink to stop dehydration and provide carbohydrates along with electrolytes.

- drink about 1/2 to 1 cup of fluid every 15 minutes throughout the practice/event/meet!

### **AFTER:**

Don't forget the **MAGIC WINDOW!**

You need to eat about 100 grams or 400 calories of mostly carbohydrate within 30 minutes of finishing your activity!

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AFTER, continued:

During the Magic Window, your body has an enhance rate of glycogen synthesis. Basically, it is easier for your muscles to replenish your carbohydrate stores right away after exercise. This will help you recover quicker for your next practice or game.

IDEAS OF FOODS TO COMBINE TO EQUAL AROUND 400 CALORIES OR 100 GRAMS OF CARBOHYDRATE...

breakfast bars	sports drinks
granola bars	sports bars
juice	lowfat milk, lowfat chocolate milk
carnation instant breakfast drinks	ovaltine
poptarts	peanut butter sandwich
bagels	fig bars
cereal (hot or cold)	yogurt
bananas	frozen waffles
tortillas with beans	

Hydration...

Drink at least 2-3 cups of non-caffeinated fluid after practice.  
Monitor hydration (color of urine, how often you urinate)  
Drink 2-3 cups of fluid for every pound lost in sweat.

Rehydration is completed best when a sports drink is used. Avoid caffeine containing beverages when trying to rehydrate!