

West End/SYC Rugby Fitness & Nutrition Notes

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Rugby is played best when we are fit:

- Improved strength helps rugby players protect themselves;
- Improved conditioning helps rugby players enjoy themselves.

Nutrition, hydration, and rest are critical for optimal fitness.

Proper hydration should be part of the daily routine and water should be the main source of hydration. Sip from a bottle throughout the day with a goal of imbibing about 32 ounces. Check hydration status by monitoring your urine; your urine should always be pale in color. Be especially conscious of water intake during the 24 hours before a match.

Most importantly, follow the *My Plate* (ChooseMyPlate.gov) guidance to eat a balanced diet. Rugby players should also observe the following:

1. Eat breakfast and lunch!
2. REMEMBER: Enjoy a light meal -- mostly carbs with some protein -- about 2 hours before practice (after school!), matches, and Rugby Routine workouts.
 - a. Mix in a blender: 1 cup frozen fruit, 1 cup 2% milk, ½ cup fruit juice, and 1 cup Greek-style yogurt.
 - b. In a rush? Try a bowl of cereal with fruit or a sandwich with a piece of fruit and a glass of milk.
3. Consume 1.1 (girls) or 1.5 (boys) grams of lean protein per 1 kilogram of body mass. To learn your mass, divide your weight in pounds by 2.2.
Example: 165-pound male rugby player/2.2 * 1.5 grams = 112.5 grams of lean protein per day
Example: 110-pound female rugby player/2.2 * 1.1 grams = 55 grams of lean protein per day
4. Take about ¼ your daily intake (or 30 grams, whichever is less) of protein with some carbs within 60 minutes of the conclusion of training. Evenly spread the remainder of protein intake over 3 or 4 meals.
 - 2 cups of 2% milk plus a handful of raw almonds is great!
 - Even a couple of turkey hot dogs with a glass of milk will give you most of what you need.
 - Other good sources of protein include: tuna, salmon, white meat (pork, chicken, turkey), cottage cheese, eggs, beans, nuts, lean beef jerky, low-fat peanut butter.
5. Consume good fats like those found in fish, almonds, cashews, walnuts, pistachios, hummus, and olive oil. They play an important part in controlling inflammation, protecting vital organs, and supporting normal immune activity.

Body growth and repair happen when we sleep. Therefore, make sure to get good quality sleep.

- Aim to get **9 - 10 hours** of sleep every night;
- A 20 - 30 minute nap after practice can jump-start recovery.

Talk to your parents and consider taking over-the-counter acetaminophen (Tylenol) after matches and heavy-contact training sessions. This allows rugby players to tolerate the lower-grade pain of normal bruises and bumps while the body's natural inflammation works to aid recovery. Plus, acetaminophen is easier on most players' stomachs than ibuprofen.

This is about safety and fun. The more you follow these suggestions, the more you will enjoy rugby.