

Highlands Performance Volleyball Nutrition: Jennifer Egeland, MS, RND, LD

How Do I Know What to Eat/Drink During a Work Out?

DURATION of event

- Driving force behind needs
 - Longer events require sustained sources of carbohydrate, electrolytes and fluid
- Supplementation not practical or necessary for events <1 hr
 - >1-2.5 hours: 30-60 g carbohydrate per hour
 - 2.5-3 hours: 80-90 g carbohydrate per hour
- Liquids may be tolerated better than solids and will be absorbed quicker

Importance of Hydration

1. Begin exercise well hydrated: drink water throughout the day and within an hour of starting activity
2. Replace sweat losses by drinking water throughout your workout
3. Rehydrate after exercise
4. Symptoms of excessive (more than 2% body weight loss) dehydration are: early fatigue, cardiovascular stress, increased risk of heat illness and decreased performance.

How much fluid do I need to stay hydrated?

1. For short duration, under 1 hour, of low to moderate activity, water is good choice to drink before, during and after exercise.
2. Sports drinks: 6-8% carbohydrates- look on nutrition panel, are good options for moderate to high intensity workouts lasting more than 60 minutes. (low cal sports drinks are not enough carbs)
3. Rehydrate after exercise with water or sports drinks to replace fluid lost during exercise. Eating watery foods that have salt (soup and veggie juice) or eating fruits and vegetables can help replace fluid and sodium and potassium.

Importance of Recovery

- Workouts and competitions deplete your glycogen stores
- Muscle tissue is damaged as you train and compete, and requires repair
- Your muscles are also being stimulated to adapt to your training workload
- Recovery includes:
 - Reloading carbohydrate fuel stores
 - Repairing and building new muscle tissue
 - Rehydrating

0-30 Minutes Post-Exercise

In order to promote rapid recovery, as soon as possible after training or competing (within 30-60 minutes), consume:

- Carbohydrates for glycogen restoration
- Protein for repairing and building new muscle tissue
- Fluids and sodium for rehydration
- Chocolate low fat milk is a great option