



# **17U HOCKEY NUTRITION TIPS & WORKOUTS**



**PACK ATHLETICS**



# PROTEIN ESSENTIALS

**These are the key building blocks in the body. It is the most important Macronutrient in your diet! Every cell in your body contains protein. Its essential for growth, keeping you strong and performing at the highest level!!**

**DO THIS:** Whenever possible, eat anything that says free range, wild caught, or grass fed.

We are exposed to and ingest what our food eats & how its treated



## RECOMMENDED PROTEIN SOURCES

Eggs, chicken, ground turkey, fish, ground beef, nuts, yogurt, whey protein powder, bone broth

**DO NOT DO THIS:** Burn your meats (yes this means bacon too)! This creates toxic chemicals and carcinogens

# CARB ESSENTIALS

These are the body's preferred energy source. What makes them dangerous, however, is the speed with which they are delivered into our system. So, the slower digesting carbs and ones that contain fiber are optimal for the regulation of healthy blood glucose levels.

**DO THIS:** Whenever possible, eat anything that says organic.

We will be exposed to whatever chemicals and pesticides our foods are exposed to



## RECOMMENDED CARB SOURCES

Sweet potatoes, vegetables, fruits, yams, rice, pasta, oats, bran, quinoa, grain or whole wheat bread

**DO NOT DO THIS:** Overeat the simple/refined carbs like processed foods and those high in sugar

Lookout for terms like "evaporated cane juice," "brown rice syrup," and "fruit juice concentrates" - its sugar!!!!

# FAT ESSENTIALS

**Healthy Dietary Fats** provide the body with many benefits including absorbing vitamins, store energy, protect your organs, regulate inflammation and hormone production.

**DO THIS:** Eat foods comprised of Omega 3 Fatty Acids because our body cant produce them on its own. Ideal sources are wild caught fish, chia seeds & flaxseeds



**DO NOT DO THIS:** Eat foods containing trans fats and too many bad Omega 6 sources like vegetable/canola oils & fake butters.

## RECOMMENDED FAT SOURCES

Nuts, seeds, avocados, grass fed butter, chia seeds, flaxseed, eggs, fatty fish, extra virgin olive oil

If you see something with trans fat, or even if it says “0 trans fat” but you see “partially hydrogenated oil,” stay clear!!

# IMPORTANCE OF FIBER

**Fiber is a type of carbohydrate that helps lower glucose levels & cholesterol, promotes movement of materials through the digestive system, normalizes bowel movements, helps constipation, and cleans bacteria build up in your intestines**

## **RECOMMENDATIONS:**

**Men: Around 30 - 38g per day**

**Women: 25 - 30g per day**



## **RECOMMENDED FIBER SOURCES**

**Beans, Brussel Sprouts,  
Oats, Nuts, Seeds, Berries  
and Fruits, Whole Grains,  
Veggies, Brown Rice**

## **IS THERE SUCH THING AS TOO MUCH FIBER?**

**YES! We typically dont want to  
exceed 70g per day. Too much  
fiber can cause: bloating,  
constipation, abdominal pains and  
gas**

# WATER & SUPPLEMENTS

## **YOUR WATER INTAKE**

**At least 0.5 to 0.66 x  
your body weight**

**This is the amount of  
ounces to consume in a  
day!**



## **YOUR SUPPLEMENT RECOMMENDATIONS**

### **NUTRIGEN**

One scoop daily for all your greens, multi-vitamin and omega 3 fatty acids  
Click [here](#) for the link. This does sell out fast so if you can't get it, another  
greens powder, multivitamin and Omega 3 supplements will do!

**\*\*YOU DO NOT HAVE TO BUY THIS, ITS JUST A RECOMMENDATION**



# NUTRIENT TIMING

It's important to give your body what it wants, when it wants it. This pertains and is especially true before and after exercise or sport. So, nutritional awareness before and after ice time, games and workouts will help you perform at your best!

Before and after these high demand activities, we want to feed ourselves mainly protein and carbs.

To take advantage of peak performance, we want to eat around 1-2 hours prior to on and off ice activity (Moderate protein, high carb and low fat - think pasta with chicken).

After we are done, we want to feed ourselves within 1-1.5 hours (high protein, high carb, low fat)



During and immediately following activity, sports drinks are recommended, as they replenish our glycogen (stored carbs) and electrolytes

As far as the rest of the day, avoid as many processed foods/fast foods as well as foods with added sugars



# SAMPLE WORKOUT #1

EXERCISE	SETS	REPS	REST	NOTES
<b>WARM UP:</b> <ul style="list-style-type: none"><li>TEAM CONE RELAYS</li><li>MINI BAND HIP/GLUTE</li></ul>	3 EA	1 EA	NONE	
ICKY SHUFFLE LADDER TO SPRINT (FOR TIME)	6	1 EA	30 SEC	GOAL: IMPROVE TIME
PUSH UPS - REGULAR, OFF SET & DIAMOND)	3 EA	10 EA (30 TOTAL)	1 MIN	
<b>SUPERSET:</b> WALL SITS TO BOSU BURPEES	3 EA	1 MIN TO 15 BURPS	1 MIN	
BATTLE ROPE TUG OF WAR	3	1 EA	1 MIN	DIVIDED INTO TEAMS
<b>SUPERSET:</b> ELBOW PLANKS TO SPRINTS	6	1 EA	30 SEC	



# SAMPLE WORKOUT #1

EXERCISE	SETS	REPS	REST	NOTES
<b>WARM UP:</b> <ul style="list-style-type: none"><li>• SIDE SHUFFLE</li><li>• BACK PEDAL</li><li>• CARIOCA</li></ul>	3 EA	1 EA	NONE	
MCDAVID SHUFFLE	3	1 MIN	45 SEC	
BOX JUMPS	4	15	1 MIN	
<b>SUPERSET:</b> JUMP LUNGE THRUSTERS TO PUSH UP PLANKS	3 EA	1 MIN TO 15 PUSH UP PLANKS	1 MIN	
TEAM MEMBER RESISTANCE BAND DRAG	6	1 EA	1 MIN	
<b>SUPERSET:</b> TOE TOUCH TO STARFISH CRUNCH	3	1 EACH EXERCISE (2 MIN TOTAL)	1 MIN	