

Fencers Club London

Est 2015

Raising The Game

NUTRITION

by Pawel Osmanski

WHAT IS NUTRITION AND WHY IS IT IMPORTANT?

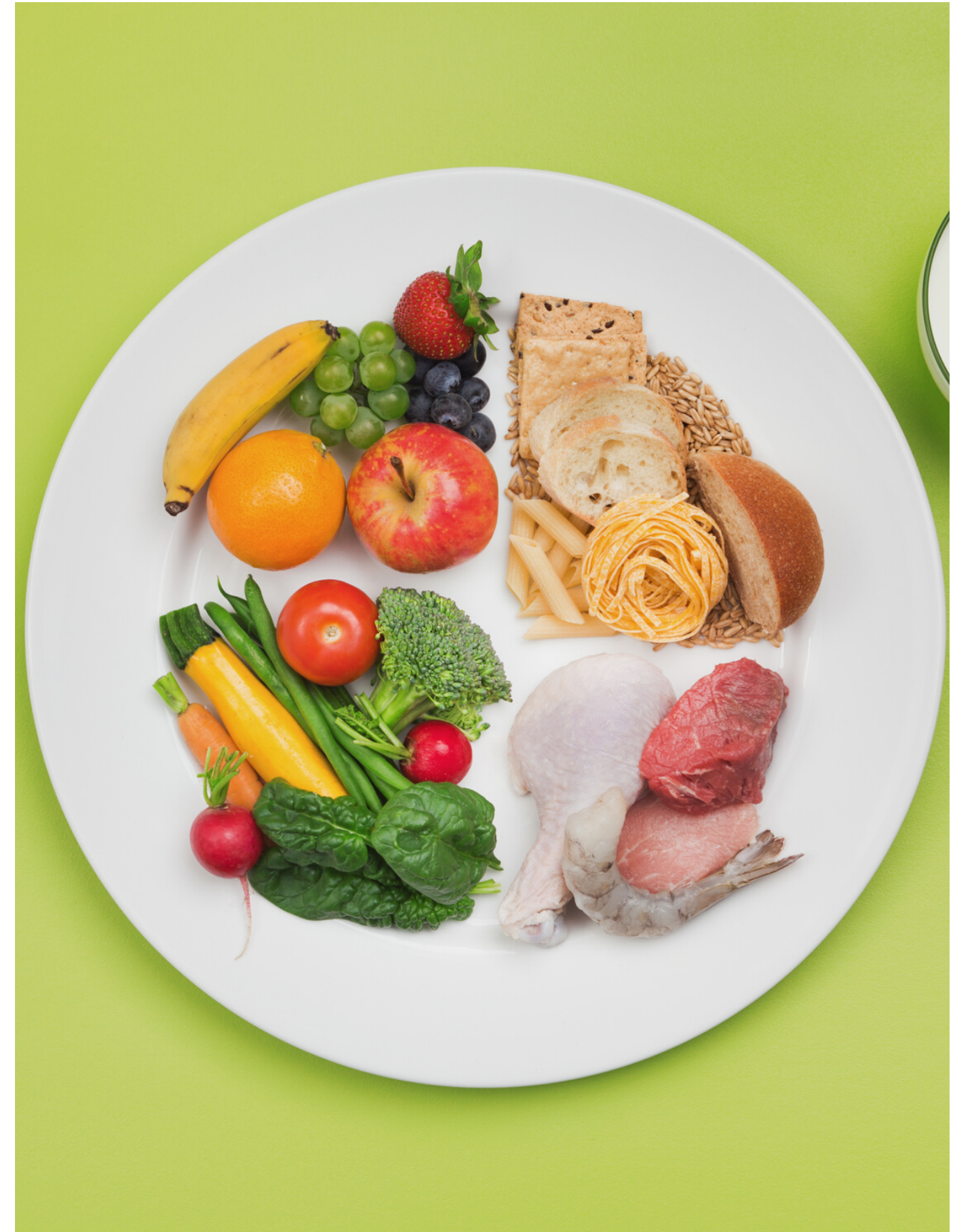
Nutrition includes foods, supplements and fluids put into your body to function and perform.

It supports the following:

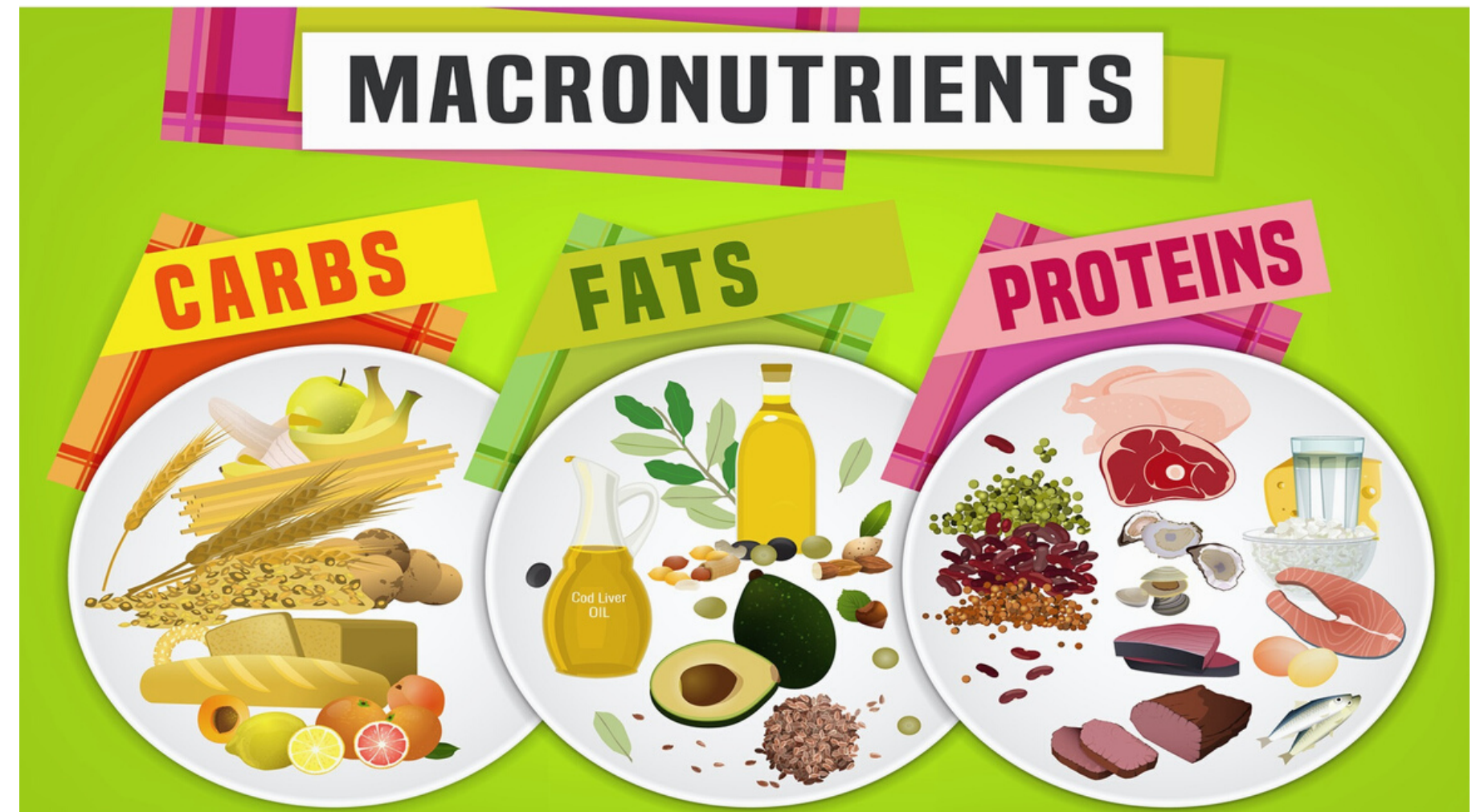
- Training
- Competition
- Recovery
- Mental health
- Physiological health

Its main functions:

- Fuels the body for specific training and competition loads
- Improves reaction and cognitive speed
- Delays fatigue
- Accelerates recovery
- Balances hormones
- Supports healthy body composition



FUNDAMENTALS OF MACRONUTRIENTS



Macronutrients are three main food groups

- **Carbohydrates**
- Protein
- Fats

Carbohydrates

- Simple Carbs or Simple Sugars
- Complex Carbs or Starches
- Fibrous Carbs or Fibre

Protein

- Amino Acids (9 Essential)

Fats

- Saturated Fat
- Monounsaturated Fat
- Polyunsaturated Fat

FUNDAMENTALS OF HYDRATION

Hydration is important during and training and competing for the following reasons:

- Delaying fatigue onset
- Keeping mental clarity
- Effective thermoregulation
- Consistent energy levels
- General health
- Speeds up recovery

Electrolytes are the minerals lost through sweat that keep this balance in check.



FUNDAMENTALS OF HYDRATION

Do you know your sports drinks?

Isotonic – electrolytes and carbs, thickness of blood, easily absorbed for quick energy and hydration.

Hypotonic – electrolytes but very few carbs, thinner than blood, fastest absorption, effective for fast hydration.

Hypertonic – electrolytes and lots of carbs, thicker than blood, slow absorption, good for recovery if coupled with protein.



HYDRATE EARLY AND OFTEN

Dehydration can negatively impact performance and cause early fatigue. Follow these tips to stay hydrated and replenish fluids and electrolytes lost from sweat:

- Focus on fluid intake all day, every day, not just around workouts.
- Always carry a water bottle.
- Weigh yourself before and after exercise to know how much fluid to replace.
- Track hydration by checking urine color - the lighter the better hydrated.

BEFORE EXERCISE

- Begin exercise well-hydrated
- Drink 16-20 oz. of water or sports beverage at least four hours before exercise
- Drink 8-12 oz. of water 10-15 min. before exercise

DURING EXERCISE

- Drink water or sports beverage every 15-20 min. during exercise
 - 3-8 oz. of water (2-3 large gulps) for exercise <60 min.
 - 3-8 oz. of sports beverage for exercise >60 min.

AFTER EXERCISE

- Rehydrate
- 16-24 oz. of fluid for every pound lost within 2 hours of exercise
 - ▶ Chocolate milk is a great option to help rehydrate and refuel after a workout.

C.P.S.D.A. NATIONAL DAIRY COUNCIL
For advice on customizing a nutrition plan.



HOW CAN NUTRITION WORK FOR YOU?

Good nutrition can sometimes be the difference between making the final or not. Build a plan that works for you and track your progress - remember the following:



- Nutrition does not have to be expensive!
- Good nutrition requires planning and preparation.
- Consistency is key.
- Talk to other athletes - insider knowledge.
- Travelling and foreign countries will affect what you eat and how you feel.
- Track progress - sensibly!
- Understand your sports and your body.
- As training or competitions develop so should your nutrition.



SPORTS SUPPLEMENTS

Sports supplements are pills, powders or drinks used to build muscle, lose weight or improve endurance.

How they help:

- Increase calorie consumption quickly.
- Increase rate of protein and carb uptake.
- Reduce muscle breakdown.
- Optimising hormone levels.
- Replenishing energy stores faster.

Dangers of using supplements in sports – remember:

- Check to see if the product has been batch tested
- Check to see if there is an 'Informed Sport' label on the supplement
- By visiting the Informed Sport website and searching the product - www.informed-sport.com
- Any medication should also be checked on www.globaldro.com to check its legal



THE DO'S AND DON'TS OF NUTRITION

Key points to remember to get your nutrition and hydration to a winning level.

The Do's


- Do – enjoy food and experimentation.
- Do – have one or two treats at the weekend.
- Do – stay consistent.
- Do – track your development.
- Do – note your energy levels.
- Do – plan meals in advance.
- Do – take plenty of food and drink to training/competition.
- Do – prioritise foods with good levels of macronutrients.
- Do - be aware of urine colour.
- Do – Design your plan to suit you and your sport.
- Do – eat a carb heavy meal the night before a heavy training session or competition.
- Do – eat whole foods wherever possible.

Usain Bolt, Sprinter

Diet Type: High in carbs and protein


Breakfast

- Egg sandwich




Lunch

- Pasta
- Corned beef or fish




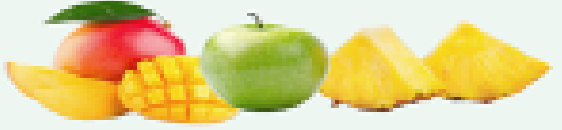
Dinner

- Broccoli
- Yams
- Chicken or other meat
- Jamaican dumplings



Snacks

- Fruit (mango, pineapple, apples)



SOURCE: GO TECH INSIDER

THE DO'S AND DON'TS OF NUTRITION

Key points to remember to get your nutrition and hydration to a winning level.

The Don'ts

Don't – copy others.

Don't – only use weight as a form of measurement.

Don't – go hungry.

Don't – avoid eating late at night (it's a myth!)

Don't – eat inconsistently.

Don't – binge on bad foods on recovery days.

Don't – stop drinking on recovery days.

Don't – drink large volumes of alcohol.

Don't – ignore climate, travel times, altitude, pollen count, culture, location and availability when planning food.

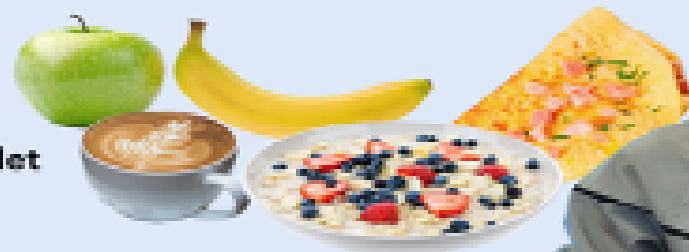
Don't – make drastic changes.

Michael Phelps, Swimmer

Diet Type: Tons of calories

Breakfast

- Fruit
- Coffee
- Large bowl of oatmeal
- Big ham and cheese omelet



Lunch

- Meatball sub



Dinner

- Whole grains
- Lean meats
- Veggies



SOURCE: Men's Health
TECH INSIDER