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Optimise Sporting Performance By

Before exercise

- Adequate carbohydrate day before
- Adequate fluid day before
- High carbohydrate/low fibre meal 2-4hrs prior to start
- Carbohydrate rich “top up” snack/drink 60min prior



Hydration during exercise

- Take care to limit dehydration to < 2%
- Drink to match sweat rate
- Hourly sweat rate can be calculated by:

$$\frac{\text{Weight (kg) before} - \text{Weight (kg) After} + \text{Fluid (L)}}{\text{Time (hr)}}$$



Nutrition during ‘extended’ exercise (> 60minutes)

- May require additional carbohydrate/electrolyte ingestion
- Consider products like gels, chomps/blasts, sports drinks, white bread sandwiches

Post exercise:

- 30 minute window of opportunity
- High protein /high carbohydrate rich snack
- Remember the 3 “R”s – Repair (protein), Refuel (carbohydrate), Rehydrate (fluid)



