

The Importance of Pre-game nutrition for performance and recovery

Players should start their carbohydrate loading 2 days before match day.

Carbohydrate is stored in the muscles as fuel called (glycogen) and it takes 24 - 48 hours for the muscle to be fully restored and recovered after exercise. Glycogen is the fuel burned in anaerobic activities. Anytime you are out of breath it is this store that is raided and if the store is empty you will run out of energy.

Eating meat and no carbohydrates in the days before a performance is likely to cause you to run out of energy during the game.

BEFORE THE GAME

2

**START
2 DAYS
BEFORE
YOUR GAME**

MAXIMISE CARBOHYDRATES

**EAT
EVERY
2 -4 HOURS**

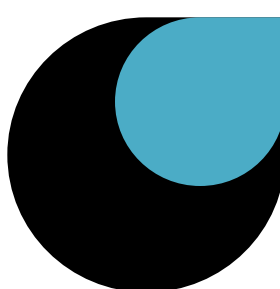


AVOID



**NEW FOODS
SPICY OR HIGH FAT
FOODS
ALCOHOL**

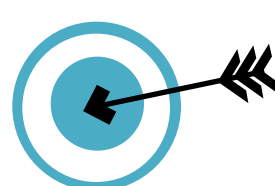
REST



**NO HARD TRAINING SESSIONS
WHERE CARBOHYDRATE
STORES WOULD
BE USED**

CONSUME HIGH CARB FOODS

**EVERY MEAL
SHOULD
INCLUDE
BREAD, RICE, PASTA, FRUIT AND
VEGETABLES**



FINAL PREPERATION



**LAST MEAL
SHOULD BE EATEN
2-4 HOURS BEFORE
YOUR WARM UP STARTS**

MATCH DAY

5

**WAKE UP
FIVE HOURS
BEFORE YOUR
GAME**



**EAT
EASY TO DIGEST
FOODS**

Therefore, eat foods like ripe bananas, yoghurt, sports bars, sports drinks or pasta. Coffee or tea is ok, as long as you drink plenty of water as well. Your last meal should be consumed 2-4 hours before your warm-up starts. Suggestions towards your diet prior to the game include:

- Breakfast:** Cereal, fruit, toast with peanut butter, juice.
- Lunch:** Sandwich with lean meat, fruit, sports bar, water.
- Rest of the time during build up before the match:** 1 - 2 litres of sports drinks to keep your blood sugar stable.



**FOODS THAT
ARE TO BE
AVOIDED**

- ✗Chocolate bars
- ✗High sugar cookies
- ✗Sweets
- ✗High fibre muffins
- ✗Beans

These cause a sudden increase in the blood sugar levels and, in response, the body produces insulin to bring these back down. The overall effect is that the blood sugar levels drop below the normal consistent level, making you feel tired, meaning you run out of energy before the end of the game. This is known as the "Mars bar effect".



**WORK OUT WHAT
WORKS FOR YOU
AND STICK TO IT**