TRAINING GETS YOU TO THE FINISH LINE
5 NUTRITION STRATEGIES FOR OPTIMAL PERFORMANCE

• Meet total Calorie needs EVERYDAY
• Fill glycogen stores with carbohydrates
• Time meals around training
• Hydrate
• Moderation and variety!
#1 CALORIES = ENERGY

![Image of balanced scales with intake and output categories: Intake - Calories from foods; Output - Calories used during physical activity.](image-url)
#2 CARBOHYDRATES

- **Why?**
  - Endurance capacity
  - Submaximal exercise
- **60% of total intake**
- **Monosaccharide's, disaccharides, polysaccharides**
  - Simple: soft drinks, jam, candy, fruit juice
  - Complex: pasta, bagels, breads. Provide Fiber
  - What matters the most is the TOTAL CARBOHYDRATE
- **Glycogen “hitting the wall”**
  - Muscle
  - Blood
  - Liver
- **Capacity increases with training**
Athletes with low glycogen stores biked hard for 45 minutes, then sprinted for 15 minutes

<table>
<thead>
<tr>
<th>Trial</th>
<th>Improvements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Baseline: No Fuel, only water</td>
<td>NONE</td>
</tr>
<tr>
<td>2. Sugar (180 Calories glucose) + water</td>
<td>+10%</td>
</tr>
<tr>
<td>3. Candy bar (270 Calories) + water</td>
<td>+10%</td>
</tr>
<tr>
<td>4. Breakfast 4 hours before + candy bar + water</td>
<td>+20%</td>
</tr>
</tbody>
</table>

#3 WATCH THE CLOCK

**4 hours before run**
Biggest meal
30 – 60 grams of carbohydrates

**2 hours before run**
Smaller meal
15 – 30 grams of carbohydrates

**30 minute to 1 hour before run**
Top it off
10 -15 grams of carbohydrates
Can be a drink
#4 HYDRATE

- **Before the run**
  - 4 hours consume 4 cups water or sports drink
  - 2 hours consume 2 cups water or sports drink

- **During the run**
  - 5-10 ½ cup to a cup every 20 minutes

- **Post run**
  - Complete rehydration within 2 hours
  - Carbohydrates speed rehydration
  - 2-3 cups of fluid for every pound lost
#5 MODERATION & VARIETY

ATHLETE’S PLATE

EASY TRAINING / WEIGHT MANAGEMENT:

FATS
1 Teaspoon

Whole Grains
Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Lean Protein
Avocado
Oils
Nuts
Seeds
Cheese
Butter

Vegetables & Fruits
Raw Veggies
Cooked Veggies
Veggie Soups
Fresh Fruit

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

The Athlete’s Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.
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ATHLETE’S PLATE

Training volume and intensity vary from day to day and week to week along your training/competition plan. Eating your meals and fueling your workout or race should also be cycled according to how hard or easy it is. Consult with your sport diettitian to put the Athlete’s Plate into practice!

The Athlete’s Plates are tools for you to better adjust your eating to the physical demands of your sport!

**EASY** An easy day may contain just an easy workout or tapering without the need to load up for competition with energy and nutrients. Easy day meals may also apply to athletes trying to lose weight and athletes in sports requiring less energy (calories) due to the nature of their sport.

**MODERATE** A moderate day may be one where you train twice but focus on technical skill in one workout and on endurance or strength in the other. The moderate day should be your baseline from where you adjust your plate down (easy) or up (hard/race).

**HARD** A hard day contains at least 2 workouts that are relatively hard or competition. If your competition requires extra fuel from carbohydrates, use this plate to load up in the days before, throughout, and after the event day.

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GETTING TO THE FINISH LINE
GELS, POWDERS, BARS, ETC.....
CAFFEINE

• Stimulates the central nervous system
• Can make exercise seem easier
• 1-2 cups is sufficient
• Can cause nervousness, anxiety, sleeplessness, stomachaches and diarrhea
TRY EVERYTHING

WHAT WORKS FOR YOU MAY NOT WORK FOR ME

WHAT WORKS FOR ME MAY NOT WORK FOR ME

BE FLEXIBLE