

Nutrition & Hydration Guide

Q1. How much water should I drink before a workout or competition, and at what frequency?

- A.**
1. Hydration (BEGIN DRINKING WATER A FEW DAYS BEFORE). You should be hydrating daily, 6-8 cups, especially before a workout or competition.
 2. Bring a large water bottle to practice and meets.
 3. 2 cups of water in the morning before the meet or workout.
 4. 2 cups 2 hours before the competition or workout.
 5. 1/2 cup 15 minutes before the meet or workout.
 6. 1 cup after the meet or workout.

Q2. How much sleep should I get before a competition or workout?

- A.** You should get 8 to 10 hours of sleep two nights before a meet.

Q3. What should I eat the night before a competition or workout?

- A.** You should eat the night before a competition or workout.

- Potatoes (baked sweet potato or boiled yams)
- Pasta (wheat/white/egg)
- Broiled or baked salmon
- Steamed broccoli
- Beans and nuts
- Rice/Grains (Boiled white and long grain/rice pilaf/cornmeal)
- Bread and Rolls (wheat/white/rye/sourdough)
- Fruits (apples/pears/cherries/grapes/grapefruit/bananas/pineapple)
- Dates

Q4. What foods should I bring to practice and meets?

Adding these alkaline-rich food choices to your diet will help enhance the oxygen supply to your blood, and will, in turn, have you feeling healthier and revitalized.

Lemon

Watermelon

Berries

Mango

Grapes
Avocados
Ripe Bananas
Celery
Garlic
Dates
Alfalfa Sprouts
Apricots
Sweet Apples
Pears
Raisins
Pineapple
Vegetable Juice
Papaya
Asparagus

Q5. What should I eat on the day of the competition?

A. Your Champion should eat a nutritious breakfast that includes fruit, bread, cereal, water, and juice. Very lean or no meat is best as it takes a long time to digest and will slow an athlete's™ performance. Foods with a lot of sugar will slow performances and cause an energy dump or crash, making the muscles sluggish and heavy. More meal information below.

Q6. What should I eat the day of a competition or workout?

A. 3.5 HOURS BEFORE-EVENT Meal Plan II 3 1/2-4 hours prior (approximately).

900 calories)

- Oatmeal with dates and raisins (stay away from processed sugars)**
- Lean meat or protein equivalent 2 ounces**
- Fruit 1 serving (1/2 cup)**
- Pasta or 1 cup baked potato one medium**
- Bread or carbohydrate substitute two servings**
- Low-fiber vegetable one serving (1/2 cup)**
- Fat spread one teaspoon**
- Dessert: Angel food cake one piece**

COLD WARTHER COMPETITONS

-Store up on extra carbs during cold weather competitions or practice, like oatmeal, bananas, dates, and smoothies.

-Lean meat or protein equivalent 2 ounces

-Fruit 1 serving (1/2 cup)

-Bread or easily digestible carbohydrate two servings

AFTER-EVENT within 30 minutes!

-Consume protein and carbs to help replete diminished glycogen stores

-Yogurt with protein and Carbs you can drink that contains protein.

There are several liquid smoothies and beverages on the market that provide high protein and carbohydrates for replenishment. One classic is chocolate milk. If this is difficult, fruit, popsicles, oranges, bananas, bagels, melon, or apple slices all would be better than not consuming any food.

