

## Match your nutrition intake to your training

**This fact sheet aims to guide you on how to match your nutritional intake to your training sessions.**

These are general guidelines - if you require more specific advice or individual guidance please speak with one of the Performance Nutrition team.



**Key points to consider are the type and duration of the session as this will influence your energy requirements.**

### **HIIT, interval or sprint sessions**

Tend to be shorter in duration and need predominantly **carbohydrate** to fuel them so it's important to eat a carbohydrate containing meal 2-4 hours before a session. Your meal plate should contain mostly carbohydrate foods as shown here. If you only have an hour to eat before a session, your snack should be high in carbohydrate and easily digestible like one of these.

### **Low Intensity sessions**

Tend to be longer and rely on **both carbohydrate and fat** meaning you need less carbohydrate in your pre-exercise meal compared with a high intensity or sprint session. Your pre-exercise meal eaten 2-4 hours beforehand should look like this.



**Protein should be spread evenly throughout the day to help maintain muscle mass and support resistance training**



# Performance Nutrition Fact Sheet

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Sessions <1 hour  
If you have had an appropriate meal or snack beforehand this should be sufficient to get you through a short session.



Session > 90 minutes  
Consider a top up snack halfway through or have a homemade isotonic drink with you to sip on in the session.



< 1 hour Keep hydrated



> 90 minutes have small top up snack containing 20-30 g of carbohydrate

### Snacks containing 20-30 g carbohydrate include:

A small banana  
Small handful of raisins  
1 Mini malt loaf



3 or 4 dried apricots  
Fruit bar eg Nak'd bar  
Cereal bar e.g., nature valley



### Remember the 3 Rs of recovery nutrition

**Refuel** with carbohydrate

**Repair** muscles with protein

**Rehydrate** with a drink



Have a meal or snack asap to support your immune system and help prepare your body for the next session.

*Note : A sprint or HIIT session will require more carbohydrate than a strength session*

### Sample day nutrition plan

*Exact amounts will vary depending on you and your training goals*

7:30 am

8-9 am

9:30 am

12 noon

2 pm

3:30-5 pm

5:30 pm

Pre exercise snack



1 h training session



Post exercise



lunch



Pre exercise snack



1.5 h training session



Recovery meal

