

Training Day Nutrition



Why is Nutrition So Important?

Every single thing we do requires energy & we can only get this energy from the food that we eat. Eating right is key to fuelling our sessions.



Different
training
schedules



Different
energy
demands



Different
fuel
needed



Different
food
eaten

No one size fits all approach!

But because each training day is different, that means energy our needs are different and therefore the food we eat needs to be different too. Your nutrition needs to match your training day demands.

Why Nutrition?



Nutrition has a direct impact on your performance and how well you train.

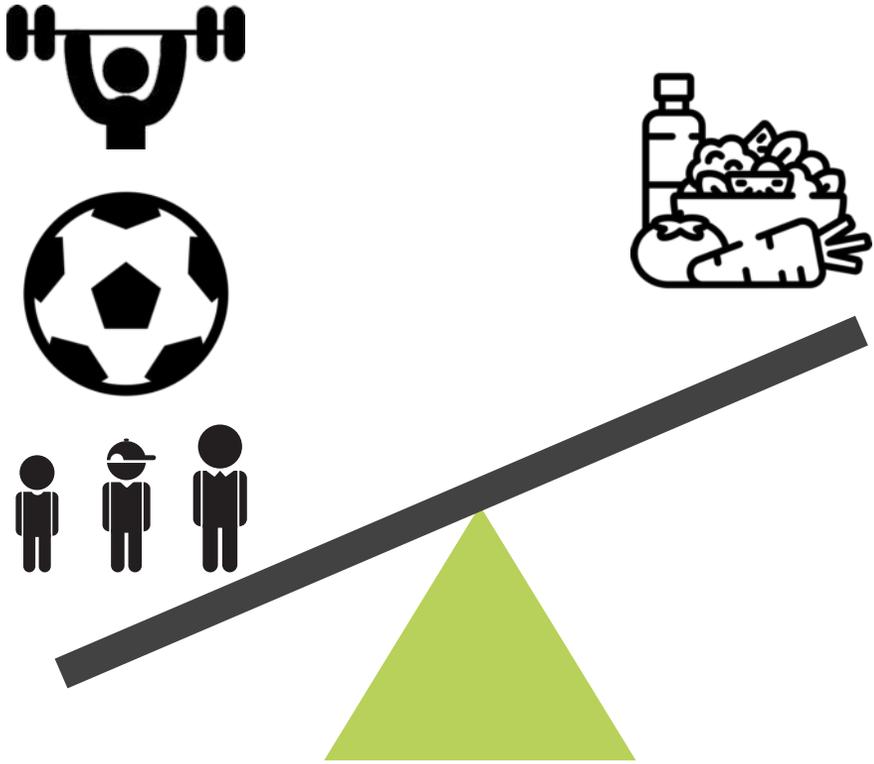
It's key to fueling your body for the session. Get this right and you will perform much better, and your body will adapt and improve from the session to a higher level.

It's also essential to how quick and well you can recover from a session which is not only important to reducing your risk of injury and illness, but sets you up for the next session too.

Energy



Energy Balance



Youth athletes have much higher energy needs than their non-athletic peers.

It's vital to ensure they consume enough energy (food) to balance with the energy used for **growth and development** and the energy demands of **regular sport**.

On days where athletes have hard training sessions or multiple sessions in one day, it's very easy for the energy they use to outweigh what they consume.

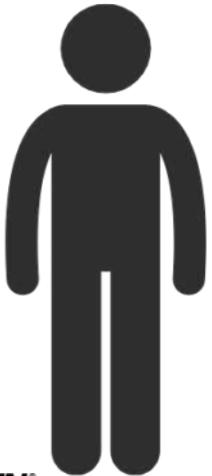
To keep this balance; the more athletes train, the more they need to eat.

Calories

Average recommended intakes
for NON-ATHLETIC adults:

2500
kcal

2000
kcal

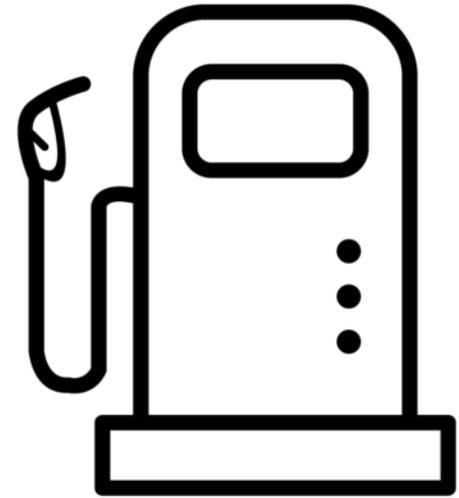


The exact number of calories a youth athlete will need to eat on their training days will vary depending on:

- The sport they do
- How long they train each day
- The type of training
- Their age, weight and height
- How active they are outside of training

It is likely going to be **much higher** than the recommended amount for the average male or female adult that are shown on the left. It will also be higher than non-athletics teen of the same age.

Macronutrients



Carbohydrates

Carbohydrates (particularly glucose) are the bodies preferred energy source for high intensity exercise. The **glucose** we get from food will either circulate in the blood or will be stored in the muscles as **glycogen**. Ensuring adequate supplies of carbohydrates in the muscles is key to performing well in training.

The longer or more intense the training session is, the more carbs your body will need for fuel. Make sure to eat a high carb meal or snack before and after training.



Protein

Protein plays a key role in muscle strength, growth, recovery and repair meaning it is essential on training days.

Protein intake should be spread evenly throughout the day.



Fats

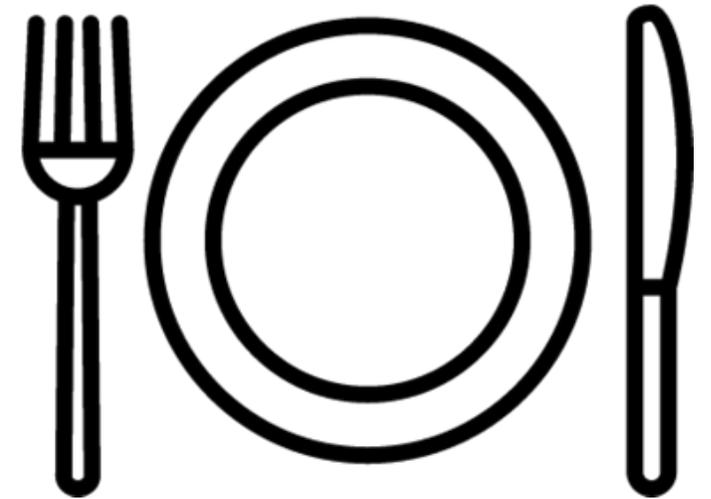
Fats provide the body with the fuel it uses for low-intensity or endurance exercise. Give priority to unsaturated fats as these are anti-inflammatory and so help with recovery and repair.

Because fats are the most calorie dense macronutrient, they're also a great way to increase overall energy intake and to meet the high energy demands of regular training.

They take longer to digest, so avoid high fat foods in the hours before training to avoid stomach pains.

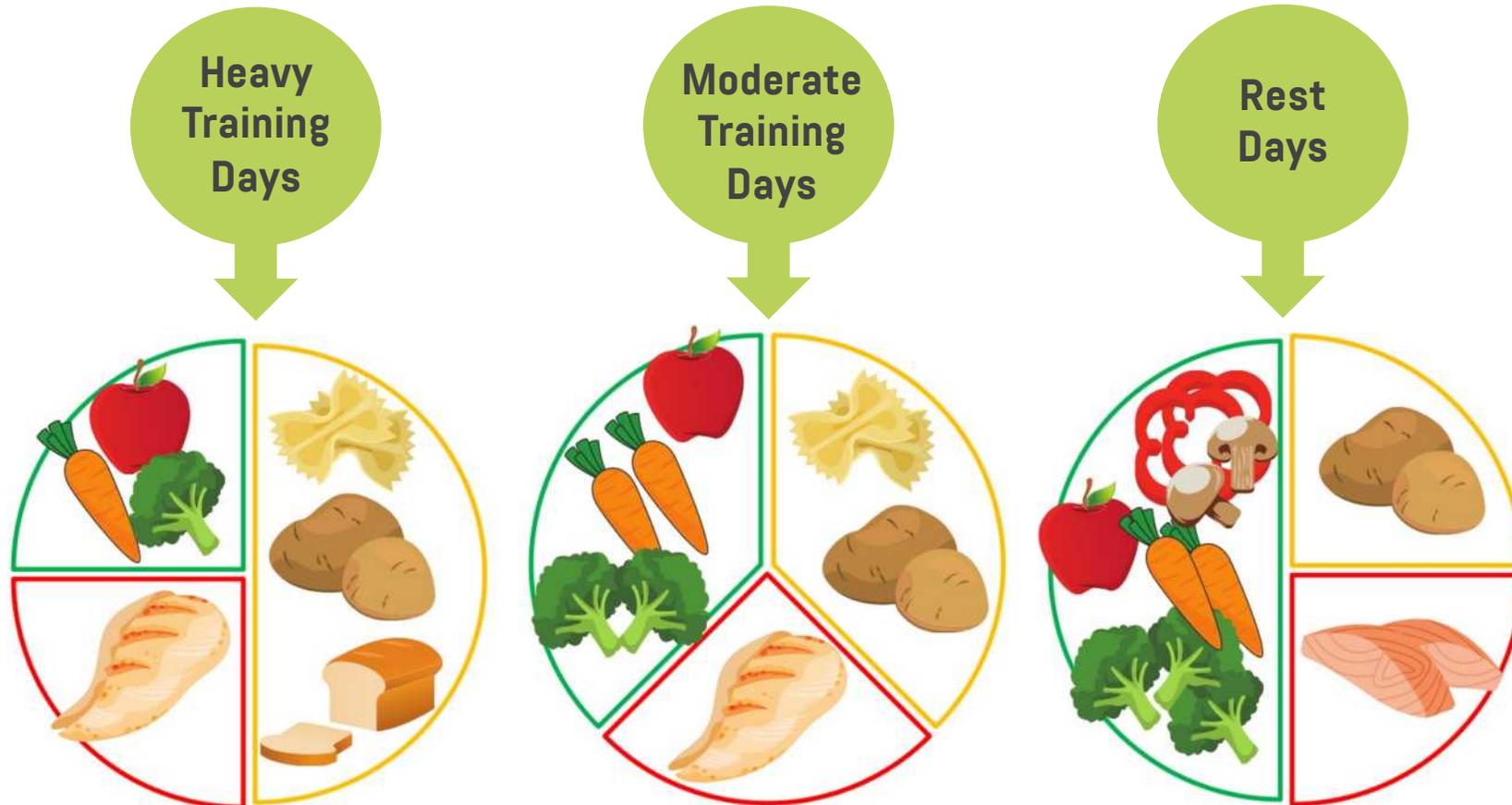


Training Day Meals



Performance Plates

Fill your plates for **performance** and match your foods to your training demands. The tougher or the more sessions you have in a day, the more **carbs** you will need to eat. Use the plates below as a guide to how to fuel your training.



Training Day

To make sure you have enough energy for training aim to eat **2 meals and 3 snacks** every day! The order in which you eat these will depend on your training schedule. For example, you might have a snack before an early morning session, followed by a late breakfast.

**3 Meals
2/3 Snacks**

7.30 am



1 pm



5.30 pm



10.30 am



4 pm



7.30 pm

Before Training



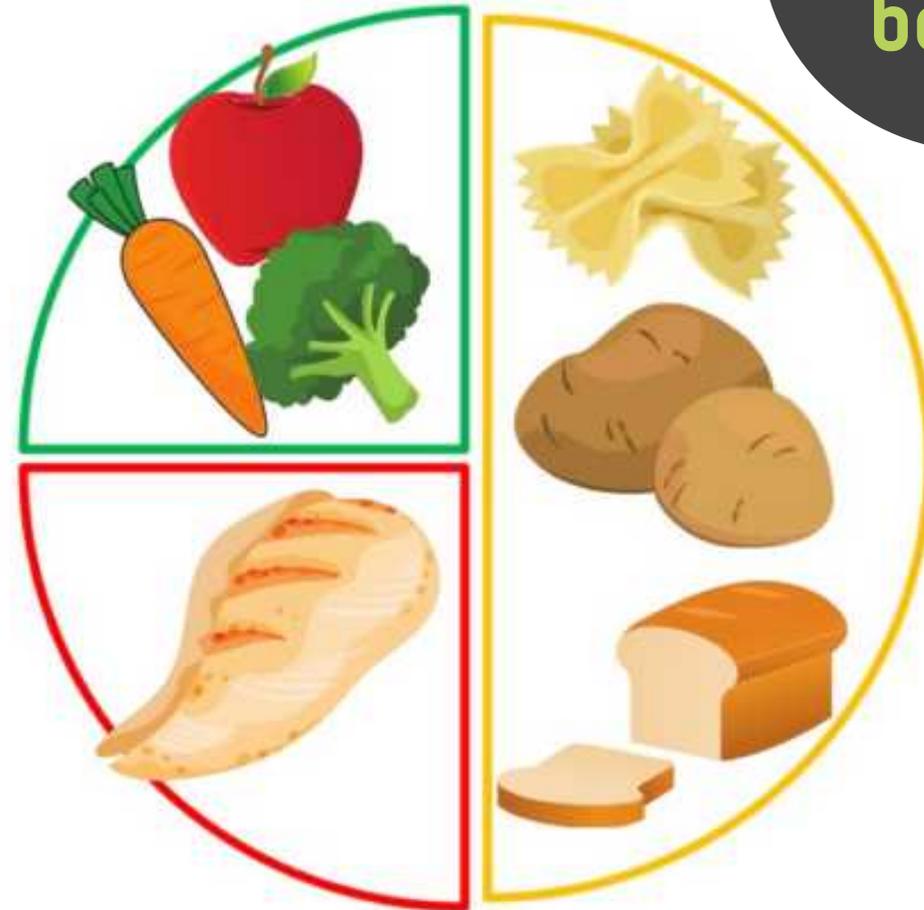
Pre-Training Plate

The goal of a pre-training meal is to **fuel** the body for the session.

This means it needs to be high in **carbohydrates**. It should also include a small portion of **protein** for muscle strength and repair and be **low in fat** and **easily digested** to prevent stomach pains.

The pre-training meal should be eaten at least 2 hours before the session to allow it to digest.

Fill your plate according to the performance plates earlier based on what your training schedule is like for that day.



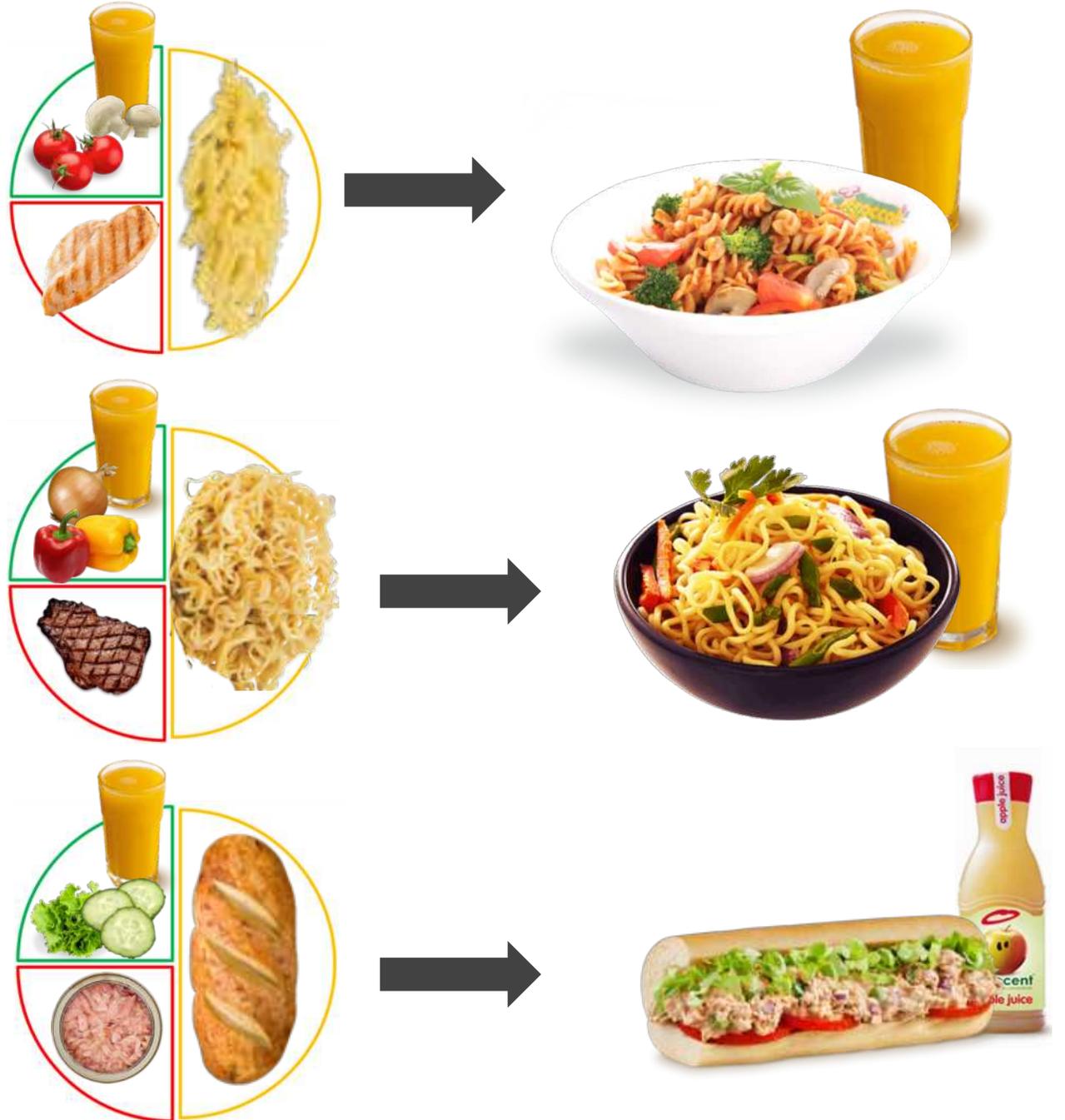
**2-3
hours
before**

Pre-Training Meals

Examples of translating those plates into real meals are things like:

- Chicken pasta in tomato Sauce
- Beef stir-fry noodles
- Tuna baguette
- Porridge made with milk & fruit

Don't forget to include a drink for hydration and it's a good idea to make this a fruit juice or high carbohydrate drink if it's a long, intense or double training session.



Pre-Training Snack

Pre-training snacks **30-60 minutes** before your session are your finally chance to boost your energy stores.

Choose high GI carbs and drinks that are quick releasing and easy to digest.

Make sure to add in fluids for hydration too!

**30-60
mins**



Pre-Training Snack

If you haven't had a full meal before training, or this was longer than 3 hours ago then eat a more substantial snack.

This should contain **1-3g of carbohydrate per kg of body weight**.

So for a 50kg athlete this is 50-150g of carbohydrate.

Choose foods easy to digest to prevent feeling stuffed and getting stomach pains. Drinks are a great choice here.



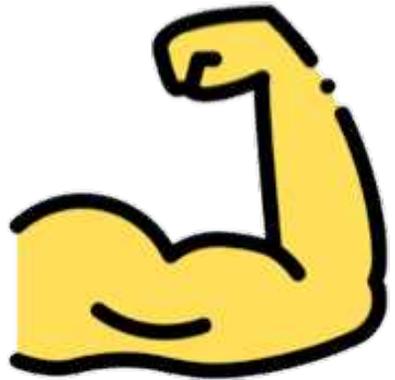
**30-60
Mins**

**1-3g/kg
of carb**

During



Energy Stores



60-90
mins



Fatigue

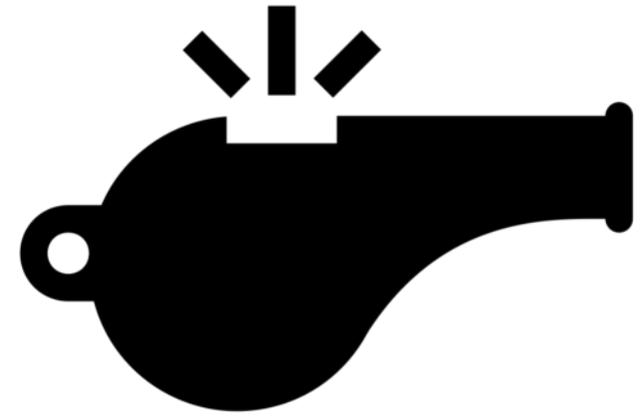
When fully topped up, the muscles can store enough glycogen to last for **60-90 minutes** of exercise before tiredness and fatigue kick in.

If you're feeling tired sooner than this, then you've probably not eaten enough carbohydrates beforehand.

For exercise longer than 60 minutes, it's a good idea to have an energy boost in the middle.



After



After Training Plate

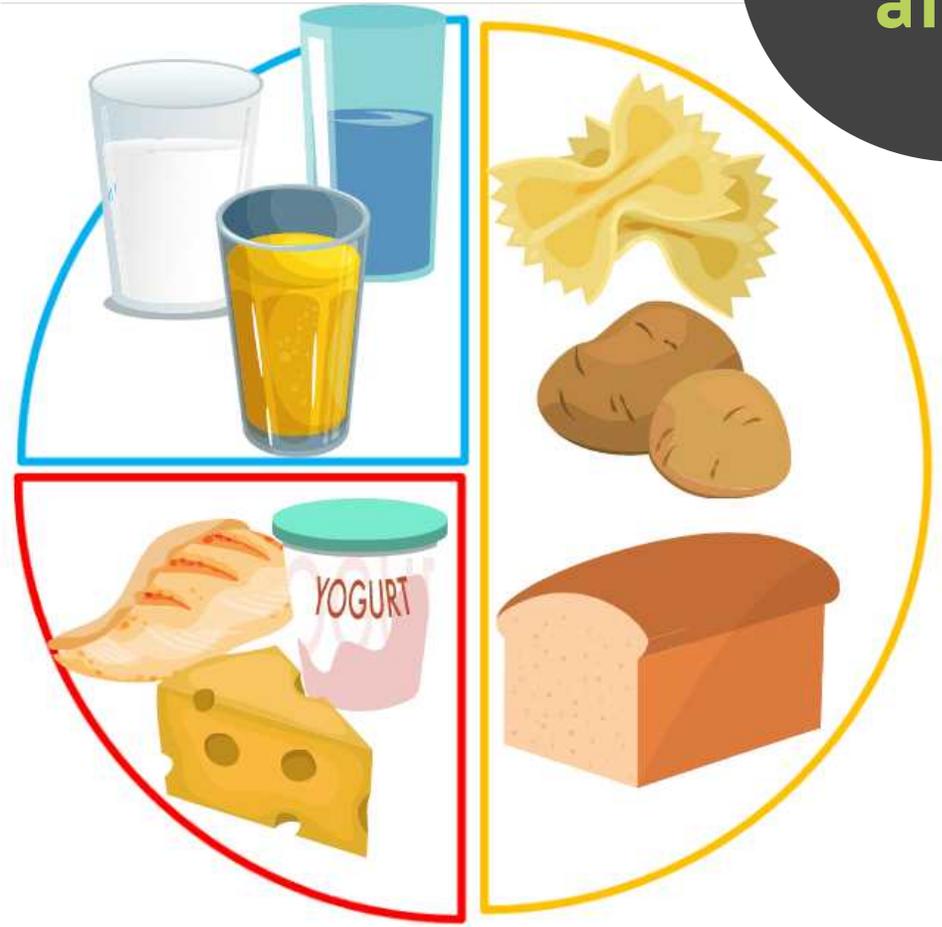
The goal of a post-training meal is recovery. The three R's of recovery are: **Refuel, Repair & Rehydrate.**

This means eating a meal high in **protein** and **carbohydrates** and drinking plenty of **fluids** for hydration.

The post-training meal should be eaten within **90 minutes** of training when possible.

Fill your plate according to this image for a good balance of all the necessary nutrients and don't forget to add in some colour for vitamins and minerals.

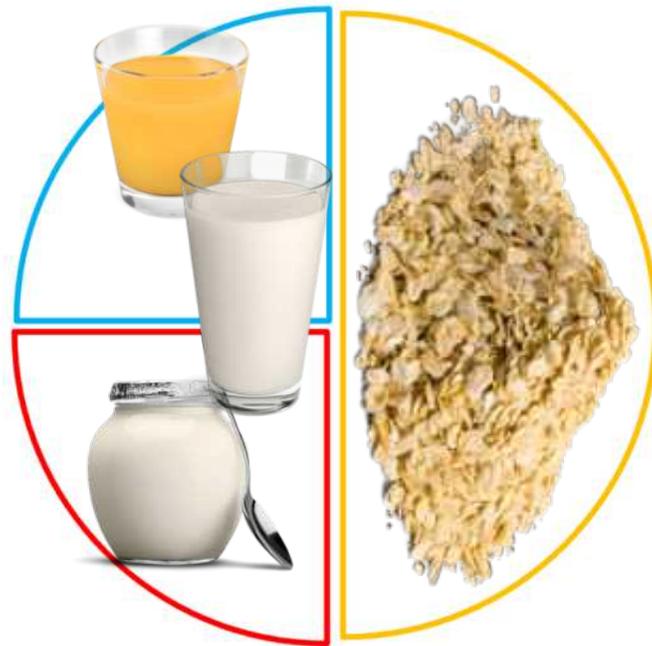
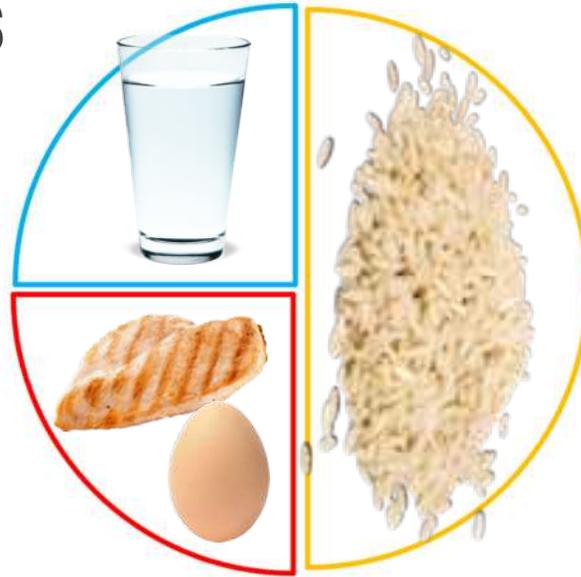
**90 mins
after**



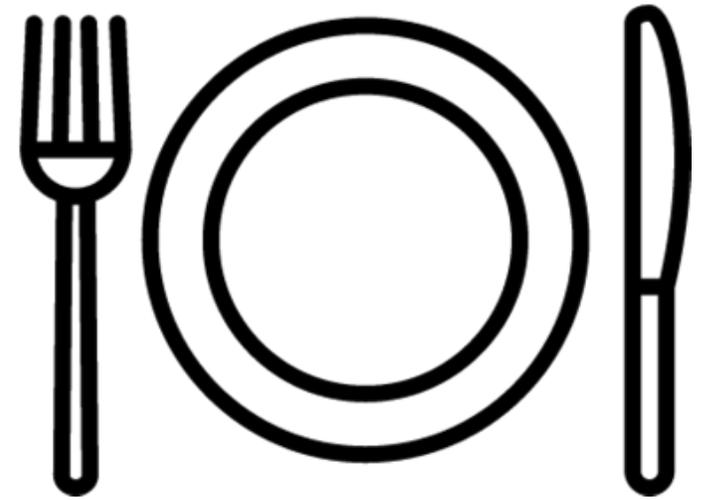
After Training Meals

Examples of translating those plates into real meals are things like:

- Chicken and egg fried rice with water
- Jacket potato with beans and cheese with fruit juice
- Porridge made with milk & fruit juice
- Omelette with peppers and mushrooms with water



Example Meal Plans



Training Day 4-6pm starts

Lunch
Time



Lunch might be your last opportunity to fuel well before training. Make sure it's high in carbs, contains a good source of protein as well as fluids and fruit & veg.

then

60
mins
before



If you're training at 4-5pm, you won't have time for a full meal 2 hours before. Opt for snacks and drinks that are high in simple carbs and add in some protein too.

Training Day 4-6pm starts

During
training



or



then

60
mins
after



Make sure to hydrate throughout your session. If your training session is longer than 60-90 minutes, you will need to top up your energy stores too. Choose high carb snacks or drinks.

Good nutrition is key to recovery! Tick off the 3 R's or recovery with a meal 60-90 minutes after your session finishes.

Training Day 6.30 pm + starts

Lunch
Time



Lunch might be your last opportunity to fuel well before training. Make sure it's high in carbs, contains a good source of protein as well as fluids and fruit & veg.

2 hours
before



then

If you're training at 7pm, aim to eat your pre-training meal no later than 5pm to give it time to digest and provide fuel. If this isn't possible, choose snacks instead.

Training Day 6.30 pm + starts

During
training



or



then

60
mins
after



Make sure to hydrate throughout your session. If your training session is longer than 60-90 minutes, you will need to top up your energy stores too. Choose high carb snacks or drinks.

If you had your evening meal before training, recovery is still important. Choose something that is high in carbs and protein and will rehydrate too.

www.youthsportnutrition.com



Recovery Shake

For days when a whole meal isn't possible because of late night finishes, long commutes home or if you just can't face food, then a **PRO-TEEN** recovery shake can be a great option.

A tasty, quick and convenient way of hitting the three R's of recovery plus 16 different essential vitamins and minerals too.

Remember: Food first is always best and nothing can replace a good diet.



NUTRI-TEEN

Food for fuel

Specially developed to be used as:

- a high-energy breakfast food
- pre or in-game snack
- for a matchday boost

Suitable for all age groups

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