



Vitality Health Services

PHYSIOTHERAPY • EXERCISE REHABILITATION • NUTRITION • PERSONAL TRAINING

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Nutrition

Carbs

Sugars that fuel muscle contraction

Fast and slow acting sources

Slow acting or high GI foods needed to build carb stores in the days leading up to a race

Do not consume high GI foods pre race → they will block the absorption of water

Fast acting or low GI food in the 30-60mins prior to exercise shown to be beneficial

Low GI foods needed during exercise → still little empirical evidence to support use, strong anecdotal

Important to train how you play → if you intend to use carb shots during a race, start incorporating them into your training regime now

Without adequate stores the body is more susceptible to fatigue and injury

Fats

Muscle fat stores recruited during low and moderate levels of activity

Need to be replaced post exercise → use natural, unrefined sources

Protein

Protein bonds in muscle are broken apart in both strength and endurance training

You need to replenish these stores to ensure peak performance

Start incorporating bars, drinks into your regime

Calcium

Maintains bone density

Inadequate stores have been linked to stress #

Iron

Assists with the transport of oxygenated blood to muscles

Inadequate store leads to low oxidative potential of muscle → shift towards lactate production and fatiguing injuries

Antioxidants

ATP = energy for muscles

Pathways of production are not 100% efficient

Free radicals formed as a byproduct of ATP creation

Free radicals damage cells → damage triggers an inflammatory response

With high level endurance exercise, this inflammatory response leads to Delayed Onset Muscle Soreness

Vitamin C and E help to eliminate free radicals → help to limit DOMS

Summary

Eat a balanced diet to assist training



Preload with high GI carbs in the week leading up to a race

Use low GI food 30-60 mins before race for max utilization

Use pre-tested carb and protein sources during the race

Replace proteins and good fats post race

Consider supplementation for calcium, iron, Vit E and Vit C if not currently reaching your recommended daily intake

 Vitality Physio Clinic 

Freedom to Move

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