



Training Nutrition

Most sailors juggle work or study commitments in conjunction with the demands of training and prolonged travel. The best advice for any athlete is to plan ahead and to ensure the body is sufficiently fueled before, during and after all training sessions.

Aim	Foods
<p>Pre training Aim to consume a meal 2-4 hours prior to training. This meal should be high in carbohydrates, moderate in protein and low in saturated fats. If your pre training meal is consumed 4 hours prior to your training session aim to have a banana or slice of Vogels / Burgen with peanut butter as a top up 1 hour prior to training.</p>	<p>Your pre training plate should look like this:</p> <ul style="list-style-type: none"> • 1-2 fist of slowly absorbed carbohydrates • 1 hand of lean protein • 2 hands of vegetables (ideally 4 different ones) 
<p>During training Aim to consume 30-60 g of carbohydrate per hour during the training session.</p>	<p>Examples of 30 g carbohydrate:</p> <ul style="list-style-type: none"> • 1/2 bottle full strength sports hydrate • Gel OR sports bar • 4-5 Lollies (jet planes or snakes) • 1 Banana • 1 Crumpet OR English muffin with jam / honey • 1 Baked fruit bar • 5 Dried apricots
<p>Post training (follow the 3 steps) Refuel – Consume a carbohydrate rich snack or meal that provides 1-1.2 g of carbohydrate per kg of body weight in the immediate post exercise period. This is extremely important if you have less than 8 hours in between training sessions. Rehydrate - Most athletes finish training with some level of fluid deficit. Make sure you have fluid (e.g. full water bottle) available at all times. Muscle Repair and Building - Early intake of a small amount of protein (15-25 g) after exercise (within the first hour) helps to promote the increase in protein rebuilding.</p>	<p>Examples of 50 g carbohydrate and 15 g protein:</p> <ul style="list-style-type: none"> • 300g creamed rice • 250-300ml milk shake or fruit smoothie • 600ml low fat flavoured milk • 1 large bowl (2 cups) breakfast cereal with milk • 1 large or 2 small cereal bars + 200g carton fruit-flavoured yoghurt • 220g baked beans on 2 slices of toast • 1 bread roll with cheese/meat filling + large banana • 300g (bowl) fruit salad with 200g fruit-flavoured yoghurt • 2 crumpets with thick spread peanut butter + 250ml glass of milk • 300g (large) baked potato + cottage cheese filling + glass of milk • Fruit muffin with margarine spread + 150 ml yoghurt • 6 Sushi rolls 

For more detailed information or an individualized Nutrient Timing plan: contact a registered nutritionist
Senior Performance Nutritionist for Sailing – Christel Dunshea-Mooij

Competition Nutrition

Aim	Foods
<p>Pre Race Nutrition Aim to consume a nutritious meal 2-4 hours prior to racing. This meal should include carbohydrate, protein and fluid. Typically racing won't commence until after 11am. Therefore you could consume a breakfast high in carbohydrates, moderate in protein and low in saturated fats at 8am. Find a breakfast option that you enjoy, is readily available, practical and sits well in your stomach during competition. <u>This meal should be trialed during training.</u></p> <p>It is important to include a light snack circa 1 hour prior to racing (e.g. banana, baked bar, slice of wholegrain toast with peanut butter).</p>	<p>Pre race meal ideas:</p>  <p>Examples of 30 g carbohydrates:</p> <ul style="list-style-type: none"> • 1/2 bottle full strength sports hydrate • Gel OR sports bar OR 4-5 Lollies (jet planes or snakes) • 1 Banana OR 5 dried apricots • 1 Baked fruit bar • 2 slices of white bread with jam
<p>Racing Nutrition Racing schedules can vary due to wind conditions on the day and race delays may be encountered. Due to the unpredictable length of regattas, organisation of nutrition is a key success strategy. be prepared with all your food for the day, along with plenty of extra snacks.</p> <p>All food and fluid should be packed appropriately and stored on the coach boat. A small recovery snack and drink should be consumed immediately post every race (ideally aim to consume 30-60 g of quickly absorbed carbohydrates). The time between races will often dictate the size of meal and snacks.</p>	
<p>Post Racing Nutrition Refueling is a key element in nutrition planning during a multi-day regatta. Start your recovery on the way home IMMEDIATELY post race.</p> <ul style="list-style-type: none"> • Refuel - Consume a carbohydrate rich snack immediately post racing. • Rehydrate - Most athletes finish racing with some level of fluid deficit. Make sure you have fluid (e.g. full water bottle) available at all times. • Muscle Repair and Building - Early intake of a small amount of protein after racing helps to promote muscle rebuilding. <p>Ideally have a meal within 1-2 hour of arriving on shore. This meal should be high in carbohydrates, moderate in protein, low in fat. And should contain lots of vegetables</p>	 <p>Examples of snacks you can consume on the "low home" therefore needs to be practical:</p> <ul style="list-style-type: none"> • 300g creamed rice • 250-300ml milk shake or fruit smoothie (e.g yoghurt to go) • 600ml low fat flavoured milk • 1 bread roll with cheese/meat filling + large banana • 300g (large) baked potato + cottage cheese filling + glass of milk • Fruit muffin with margarine spread + 150 ml yoghurt • Baked fruit bar + banana <p>your post race nutrition plate should look like this:</p> 