

# Nutritional Support

## Pre-training/ performance

Hockey = intermittent nature, sprint focused over steady-state Majority of energy comes from carb utilisation over fat utilisation So, how can we fuel to aid sports performance?

## Mid

### Performance

Exercise Nutritionist (SENr)  
tommartin1@me.com

## Post-training/ performance

### A balanced meal

1/4 carbohydrates

1/4 protein

1/2 plate of vegetables

A good source of fat  
(nuts, seeds, oil, avocado)

Tailor fluid intake (more in morning, less in afternoon/evening to avoid frequent nighttime toilet trips)

Avoid alcohol and afternoon/evening caffeine if possible

Keep topping up your fluids when warming up, cooling down, whilst subbed off and at half time. This will aid performance through increasing

cognition and energy utilisation.

Enough stored energy for performance = shouldn't need extra through food/supplements

Increase carbohydrate intake if playing for more than 90 minutes, such as a tournament

Some benefit from carbohydrate ingestion -gels, tablets, drinks  
Most of this is a placebo effect but may positively impact performance  
Focus on fluids, protein, carbs and veggies to restore expended energy

Ideally eating something within 1-3 hours after performance

Could be snack-based or a small meal

Be mindful of alcohol intake

Shouldn't need to supplement via

protein/other supplements due to appropriate nutritional intake

***For personalised nutritional support and 3 x free consultations per person, please use 'Brombeck Nutrition' as your email subject***