



Hydration, Fuelling and Recovery for matches
Warwickshire Gaa Academy



3 Key Principles of Sports Nutrition

- Stay **hydrated**.
- Provide **fuel** for your muscles.
- Promote optimal **recovery** after exercise.





Game Day Timeline

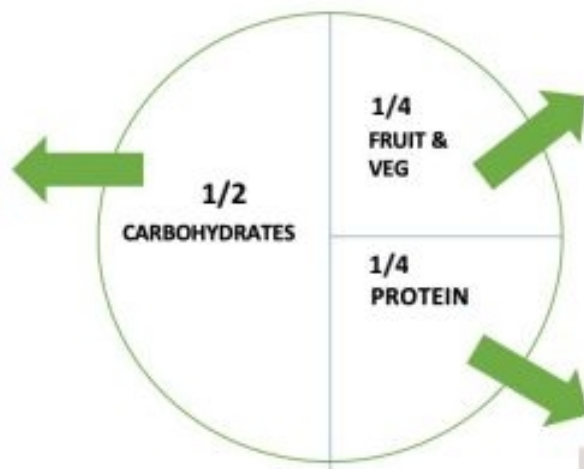


Friday Evening:	Get a high carbohydrate meal in e.g. Chilli con carne/Spaghetti Bolognese/Cottage pie/Pasta meal/Chicken Curry and rice
Friday Pre-Bed	Tea and Toast/ Bowl of Cereal
Saturday Morning: Breakfast 9am	Cereal/Porridge/Eggs and toast Fruit juices/Smoothies Drink 500mls water
Lunch/ Pre Match Meal	Soup and Sandwich OR Chicken and Pasta
Journey to game:	Fruit: Banana/Apple/Blueberries/Strawberries Yoghurt Rice cakes/Cereal bars/Crackers
Hydration:	Sip water throughout or make your own sports drinks with a pinch of salt
18:30 Game:	Sip water until throw in



Friday Evening Meal

















Your plate should consist of:





Build A Balanced Breakfast

Choose 1 from each category to build your breakfast

1. Complex Carbohydrate	2. Protein	3. Healthy Fat	4. Fruit/Veg
These carbohydrates will keep you feeling fuller for longer, slowly releasing energy.	Protein is needed for growth and repair, it is important to include it in main meals.	Fat is needed in the diet to absorb vitamins and protect your heart and brain.	Start your day by getting one of your 5-a-day.
Wholegrain bread 	Smoked Salmon/ Bacon/ Eggs 	Avocado 	Spinach 
Porridge 	Milk/ Yoghurt 	Peanut butter 	Apple 
Weetabix 	Milk 	Nuts 	Raspberries 
Granola 	Milk/ yoghurt 	Seeds 	Blueberries 



Sports Drink Recipes

Recipe 1

- 800mls water
- 200mls fruit squash
- Pinch of salt

Recipe 2

- 500mls fruit juice (unsweetened)
- 500mls water
- Pinch of salt





Recovery



Recovery starts as soon as match finishes.



Need to replace lost fluids and electrolytes.



Recover carbohydrates and protein.



25-30g of protein will aid recovery ideally consumed within 30 minutes post match.



Recovery drink – chocolate milk provides protein and electrolytes.

- Recovery drink recipe that you can bring to match with you and drink in changing room.
- 2-3 tsp of Nesquik powder and small carton of milk.

