



Performance Nutrition Pathway Program

U18 MODULE 2 ACTIVITY: NUTRITION FOR TRAINING, RECOVERY & HEALTH

“Bringing the pieces together”

Daily training and competition nutrition and hydration practices, hold great potential to positively influence softball performance. Below are each of the areas where nutrition can impact on your training & competition performance and overall health. Read each through each daily practice and tick whether you are consistently implementing each of these goals. Where you are not yet achieving this, make a note as to how you might be able to implement this going forward.



MY DAILY HEALTH & PERFORMANCE STRATEGIES			
PERFORMANCE NUTRITION PRACTICES	Y	N	NOTES
<ul style="list-style-type: none">• I eat breakfast everyday and include 20g protein at this meal if it is my post training “recovery” after early morning training.• I eat regularly throughout the day (about every 3-4 hours) and avoid skipping and delaying meals.• I include a serve of protein (e.g. 120g meat/chicken/fish/ 2 x eggs/1 Cup legumes) PLUS a serve of colour (fruit/salad/vegetables) PLUS a wholegrain, nutritious carbohydrate (wholegrain bread/wraps/pasta/rice/crackers etc) at each meal and snack over the day.• I eat 2-3 pieces of fruit per day and try to get as much variety as possible.• I eat a variety of salads or vegetables, at least two or more meals every day (e.g. at Lunch and Dinner).			



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<ul style="list-style-type: none"> • I sip fluids throughout the day, aiming for at least 2-3 L over the day before training, (as well as what I need to consume during and after training sessions). • I take 1-2 water bottles to training and refill them throughout training when they are finished. • I include sports drink at training only if I am a heavy sweater, or if sessions are greater than an hour or if the weather is very hot and humid. • After training, I eat a nutritious carbohydrate snack within 30 min of finishing. I also include plenty of fluids. If my next usual meal or snack is within 30mins, this can be my recovery, I don't need to double up. • I add foods or drinks containing 20g protein to the above carbohydrate snack if the session included weights • If I have to travel a long distance to get home, or if my next main meal containing carbohydrate and protein is going to be more than 45-60 min after training, I pack something with some carbohydrate, protein (and fluid) to have after training for recovery. E.g. milk + fruit or cereal bar. • I aim to replace 150% of my fluid losses (if known) or at least 1-1.5L in the 2-4 hours following training. • I know that calcium foods are really important for my growth and bone health and that the best source of calcium comes from dairy foods. I have 3 serves of calcium each day, where one serve = 250mL milk or 30g cheese or 200g yoghurt. If I can't consume dairy foods, I look for calcium fortified alternatives. • I know that enough iron is important for health and performance, so I include 2-3 meals per week containing about 100-150g of lean red meat OR suitable alternatives if I am vegetarian. 			
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