

# PERFORMANCE & NUTRITION

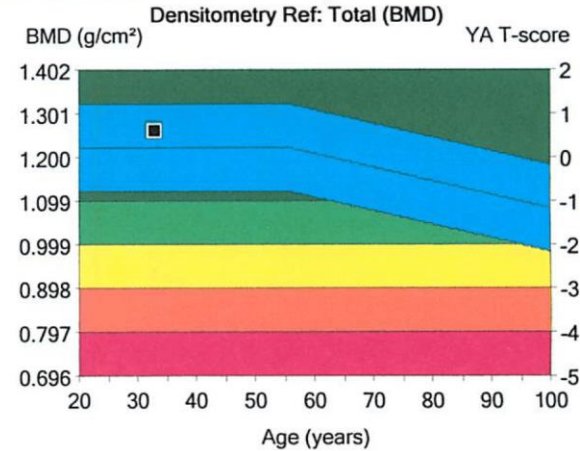
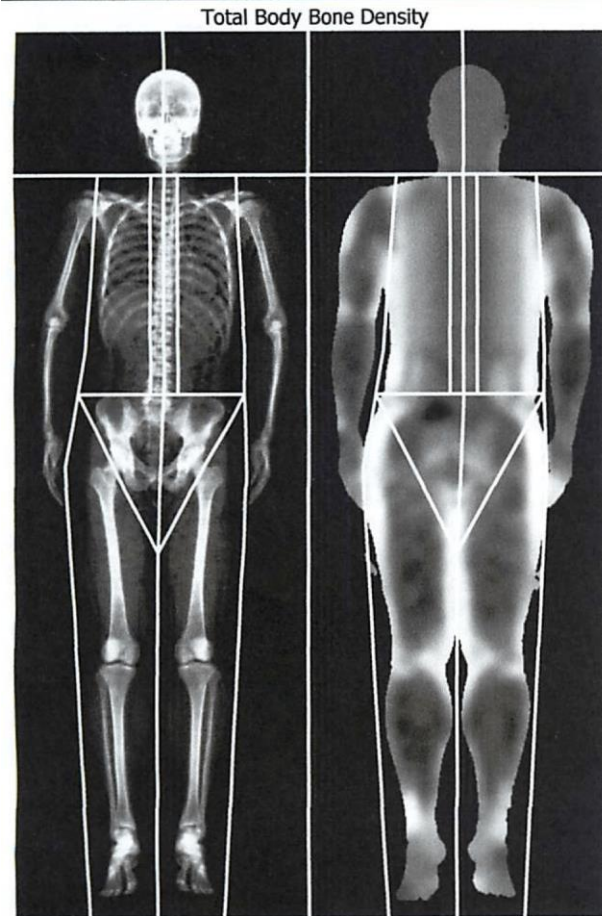


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# ”A HEALTHY ATHELETE IS A HIGH PERFORMING ATHLETE”

- IMMUNE FUNCTION
- ENERGY LEVELS
- RECOVERY LEVELS
- MOTIVATION TO TRAIN AND ACHIEVE
- SLEEP?

# BODY COMPOSITION... HOW IMPORTANT IS IT?



Region	<sup>1</sup> BMD (g/cm <sup>2</sup> )	<sup>2</sup> Young-Adult T-score	<sup>3</sup> Age-Matched Z-score
Head	2.002	-	-
Arms	1.064	-	-
Legs	1.333	-	-
Trunk	1.075	-	-
Ribs	0.998	-	-
Pelvis	1.076	-	-
Spine	1.199	-	-
Total	1.264	0.6	0.4

- ✓ Lean mass ↑
- ✓ Fat mass ↓
- ✓ Within a range
- ✓ Strength to weight ratio  
(power)
- ✓ Focus on the more  
important things

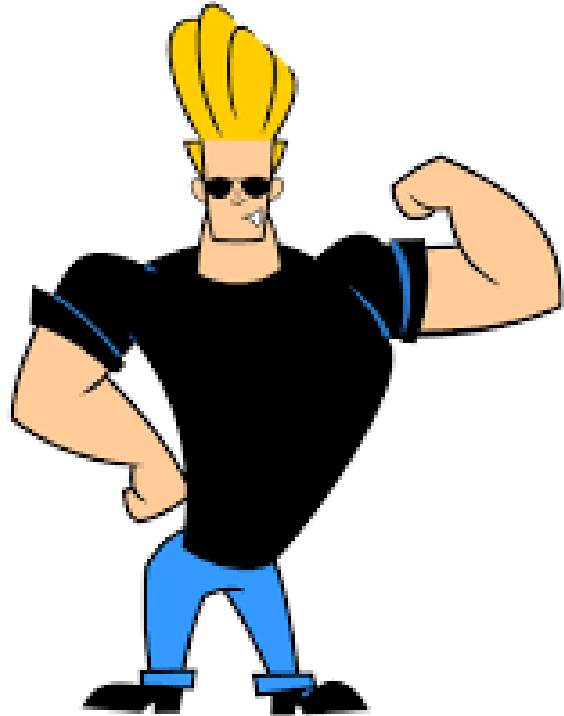


- ✓ Calorie deficit (eat less – lazy term)
- ✓ Protein ↑
- ✓ Unprocessed foods
- ✓ Nutrient dense foods
- ✓ Sustainability
- ✓ Sleep!

# WEIGHT LOSS



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- ✓ Slight calorie surplus
- ✓ Protein – 2g/kg
- ✓ Not a free for all
- ✓ Stimulus – weights
- ✓ Sleep!!

# MUSCLE GAIN



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- ✓ Maintenance calories
- ✓ Protein – 2g/kg
- ✓ Carb timing
- ✓ Digestion
- ✓ Hydration
- ✓ Sleep!!
- ✓ Supplements? |

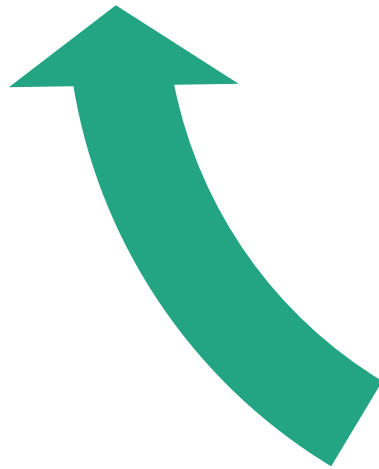
# PERFORMANCE



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**Energy**

**Performance**



**Recovery**



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# 3 R'S OF RECOVERY

**R**epair  
With protein



**R**efuel  
With carbs



**R**ehydrate  
With fluids





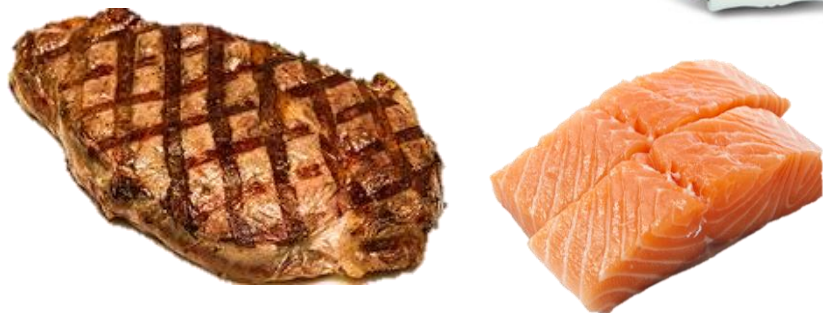
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Recovery



Muscle Gain



Strength Gain

More is needed when losing weight – muscle sparing



HI Energy (Stored)

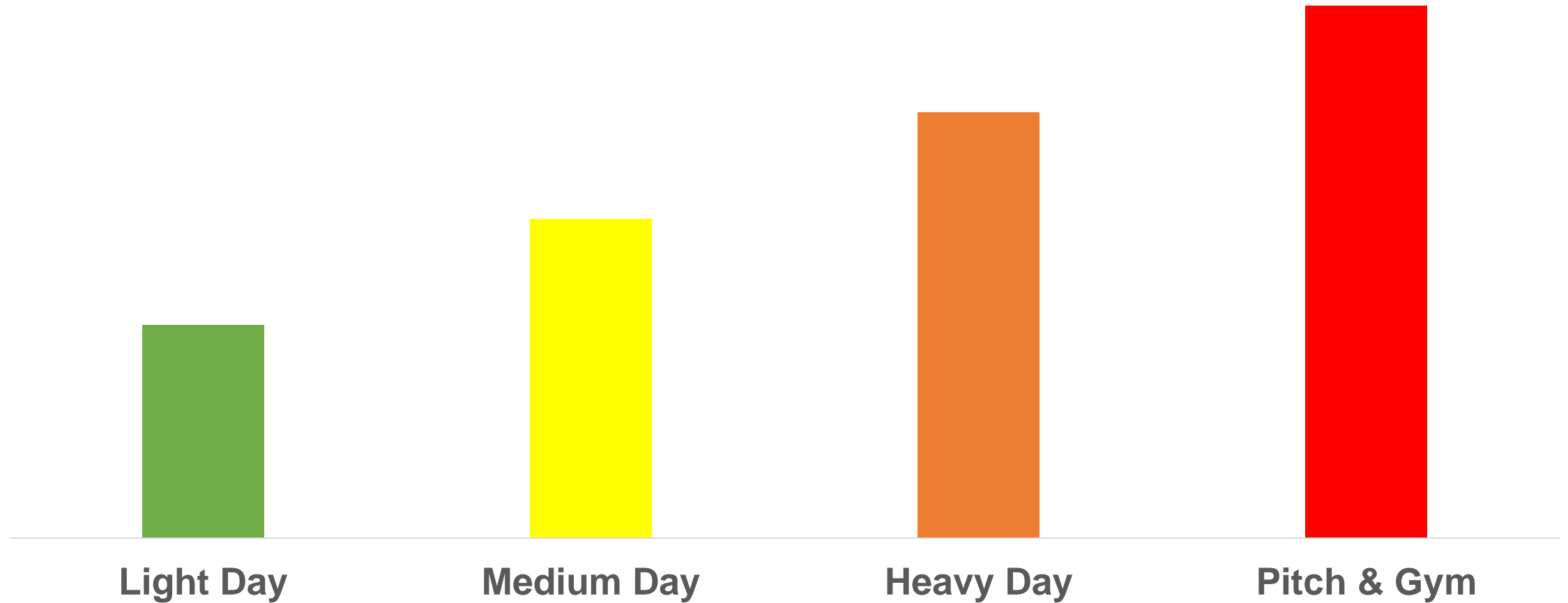


Recovery



Perform longer  
**(important when  
in a deficit)**

# FUEL FOR THE WORK REQUIRED (CARBS)



Carbohydrate intake changes based on the session duration and intensity



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What are the effects of dehydration?



1.5L for every 1kg lost

Weight before and after

## Breakfast



## Pre Training



## Mid Morning Snack



## Post Training



## Lunch



## Before Bed



# SNACK IDEAS



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# SNACK IDEAS



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# A FEW RULES....



“If it banned it’s probably illegal and if it’s banned it probably doesn’t work”

“Healthy athlete is a high performing athlete”

First rule is do no harm





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'A top sleep scientist argues that sleep is more important for our health than diet or exercise'  
THE GUARDIAN - THE TIMES

**MATTHEW WALKER**

**Why We Sleep**



# IMPORTANCE OF SLEEP

- ✓ Physical Performance
- ✓ Cognition, memory, decision making
- ✓ Motivation
- ✓ Immunity - short and long term
- ✓ >7 hours - 1%.... Injury?
- ✓ Hunger
- ✓ Body Comp
- ✓ Routine



# TAKE HOME MESSAGES



**Carbohydrates** are the primary fuel for competition and high intensity activity. Gauge carb/calorie & recovery needs based on time x intensity



**Protein** is needed every 3-4 hours for optimal recovery



A **healthy athlete** eats regular high protein meals with high nutrient density, sleeps ~8 hours and fuels for the work required with carbohydrates.



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