

# Nutrition



## PRE REGATTA

During your 24-36 hour pre regatta rest or tapered exercise time, stock up your carbohydrates with 7-10 g per kilogram of body weight. This is not the time to count kilojoules to control weight levels if you know you have a high intensity exercise day ahead. However if you think you may only have 3 or 4 races in the day each an hour apart, you need to modify your plan. The meal you have three to four hours before exercise will have a positive effect on performance. The aim of this meal is to finish topping the glycogen stores in muscles and the liver (liver stores will be low after an overnight fast), top up fluid levels and leave the gastrointestinal system feeling comfortable during the event – not feeling hungry but not feeling overfilled. A small snack one to two hours before exercise may also benefit performance. Some people's blood glucose levels may react negatively to eating close to exercise – it varies between individuals.

The pre-event meal should be easily digestible, high carbohydrate, low fat, low fibre and known not to cause gastrointestinal upset. Examples include:

- Breakfast cereal and low fat milk with fresh or canned fruit
- Muffins or crumpets with honey
- Toast with baked beans or tinned spaghetti
- Creamed rice
- Baked potato with low fat filling
- Rice based dish (risotto)
- Pasta with tomato based or other low fat sauces
- Fruit salad and yoghurt
- Rolls or sandwiches with banana
- Homemade fruit smoothie (milk, fruit, yoghurt) (Burke 2010)

Contrary to popular belief, consuming sugary foods or drinks just before a sporting event doesn't boost your energy levels.

Drink sufficient fluid before the event. If it's a hot day make especially sure you are well hydrated before the start of the regatta day.