

Nutrition Competition

Preparing for Tournament and Multiple Meet Competition

Tournaments and multi-heat competitions can be very challenging from a sports nutrition perspective. I often see junior athletes at pool, court and trackside getting stuck into hot chips, large jelly snakes, buckets of lollies and anything else they can get their hands on in between events, games or races! Often what they have just loaded up with is fat and super quick acting sugar which won't last until the next event but will certainly either make them sick or push them to fatigue. This can be vastly improved with the right information and prior planning and organisation.

Time before exercise	Suggested food choices
3 - 4 hours	<ul style="list-style-type: none">• Crumpets with jam or honey + flavoured milk• Baked potato + cottage cheese filling + glass of milk• Baked beans on toast• Breakfast cereal with milk• Bread roll with cheese/meat filling + banana• Fruit salad with fruit-flavoured yoghurt• Pasta or rice with a sauce based on low-fat ingredients (e.g. tomato, vegetables, lean meat)
1 - 2 hours	<ul style="list-style-type: none">• Liquid meal supplement• Milk shake or fruit smoothie• Sports bars (check labels for carbohydrate and protein content)• Breakfast cereal with milk• Cereal bars• Fruit-flavoured yoghurt• Fruit

Time before exercise	Suggested food choices
Less than 1 hour *	<ul style="list-style-type: none">• Sports drink• Carbohydrate gel• Cordial• Sports bars• Jelly lollies

Sample Tournaments and Multiple Meet Competition Plan

TIME	EVENT	SUGGESTIONS
7.00am	Breakfast	Cereal + low fat milk + slice of toast with jam
9.00am	Warm up and race 50m freestyle heats	Drink at least 1 cup of water in the half hour before race
10.00am	Break	Yoghurt/banana + water or sports drink
11.00am	Warm up and race 50m backstroke	
11.30am	Recovery, warm up and race 50m freestyle final	Remember fluids - water or sports drink
12.00pm	Lunch	Vegemite / ham sandwich + tinned fruit
1.30pm	Warm up and race 100m medley	Remember fluids - water or sports drink
3.00pm	Break	Muesli bar + sports drink
4.00pm	Warm up and race 4x50m freestyle relay	Remember fluids between races
4.30pm	Recovery, warm up and race 4x50m medley relay	Don't forget fluid replacement after racing. Sports drinks will help to replenish carbohydrate until you get home from dinner
6.00pm	Dinner	Chilli chicken + rice (from Survival of the Fittest Cookbook 1)