**Nutrition Preparation for Tournaments**

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# **Top Tips – Day Before Tournaments**

1. Get organised and control the controllable – don’t rely on finding the right foods at stores or service stations en route nor at the venue. Take your own supplies for the journey as well as for a full-day of competition.
2. Plan for winning the tournament – take food and water to last you the full day, not just the group stages. Use insulated cooler bags and ice blocks to keep food fresh.
3. Don’t try any new foods – play it safe by sticking to familiar and plain foods, to reduce the risk of any stomach upset.
4. Don’t over-indulge, eat little and often – too much food can cause havoc with your digestive system and keep you awake at night.
5. Hydrate – always have a bottle of water handy and remember to drink regularly throughout the day

# **Top Tips – Day of Tournament**

What you eat and drink on the day of a tournament can make a huge difference to your performance and ensuring you’re well fully fuelled and well hydrated! Ferrari?

1. First meal of the day – consume a carbohydrate-rich meal 2-4 hours before the start
2. Pre-competition nerves – choose liquid, smooth and bland options
3. Drink plenty – as soon as you wake up, have a drink and start to hydrate. Aim to drink a 500ml bottle of water or diluted juice within the two hours before the tournament, giving it enough time to be absorbed and excreted.
4. Stick to your plan – if you’ve gone to the effort of meal prepping and organising your eating strategy for the day, stick to it.
5. Choose light meals and carbohydrate snacks for short breaks

# **Top Tips – Recovery**

Socialising & Eateries after the tournament – choose an Italian or Thai restaurant, rather than pub bistro’s which serve high fat meals.

* 3R’s of Recovery – rehydrate, refuel, repair:

30 minutes after:

* Flavoured milk
* Sports drink (homemade or shop bought)
* Water or juice alongside food such as a sandwich, wrap, fruit

2 hours after:

* Consume another meal containing carbohydrates and protein, e.g. stir-fry, tomato-based pasta dish, chilli con carne, tuna pasta bake, fajitas, spaghetti bolognese and so on.
* Continue to hydrate with water, sipping little and often.

# **Summary**

* Control the controllable – where possible pack your own food and fluids.
* Don’t try anything new on the day of competition – avoid spicy, high fat, gassy food.
* If you suffer with pre-competition nerves, it’s a good idea to choose liquid, smooth and bland options.
* Stick to your plan - try not to be tempted by cafes, shops and service stations to provide your food.
* Showcase your talent!