



Goalball UK Conference 2020

# **Fuelling Goalball Players On and Off the Court**

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# Overview



- Unleash the Power of Food
- 3 T's of Fuelling
- 3 R's of Recovery
- Top 5 - Kitchen Equipment

# Unleash The Power of Food



## GO



### **Carbohydrates**

- Bread, pasta, couscous, wraps, pittas, rice, oats, potatoes, quinoa

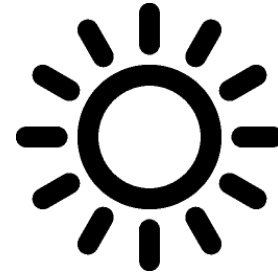
## GROW



### **Protein**

- Chicken, fish, red meat, eggs, dairy foods, tofu, soya, Quorn, beans and lentils

## GLOW



### **Fruit, Vegetables & Water**

## GUARD



### **Fat**

- Olive oil, avocados, hummus, eggs, nuts, nut butter, full-fat dairy, red meat

# 3T's of Fuelling



**TIMING (WHEN?):** 2-4 hours before training and matches.

**TYPE (WHAT?):** A meal high in carbohydrates, moderate in protein and low in fat.

**TOTAL (HOW MUCH?):** this depends on many variables including body weight, exercise duration, exercise intensity and more – highly individual.

# Rule of Thumb



The harder and longer you train, the more GO foods (carbohydrates) you will need before, during and after training.

Think of filling up a car with petrol before setting off on a journey.

If you start with a full tank of fuel, you will be able to travel further;

If you start with low fuel levels, you won't be able to travel as far.

It's the same with athletes.

If you begin training with high fuel levels, you will be able to train harder and for longer before reaching fatigue;

If you begin with low fuel levels in the tank, you will tire more easily and perform below your potential.

**Ask yourselves, do you want to be a Ferrari?**

# Pre-Training Meals



- Cereals with milk and yoghurt
- Baked beans on toast
- Porridge or overnight oats with fruit
- Scrambled eggs on a bagel
- Tomato-based pasta dish
- Chicken or tuna wraps
- Stir-fry
- Berry, Banana and Oat Smoothie

# Pack-A-Snack



**Pack some GO snacks to eat before, during and after long training sessions:**

- Muesli or nut bars
- Trail mix with dried fruit/nuts/seeds
- Sandwiches/wraps/pittas with lean meat
- Bagel with honey/jam/banana
- Small milk or juice boxes
- Tub of yoghurt/custard/jelly/rice pudding
- Scotch pancakes or rice cakes with peanut butter + jam
- Homemade baked goods e.g. banana bread, flapjacks, energy balls
- Fig rolls, oat biscuits, Jaffa cakes
- Fresh fruit

# Warning Signs of Dehydration



- Headaches
- Feeling very hot
- Lacking in energy
- Dizziness or light-headedness
- Short of breath
- Dry mouth

**What to do?**

**STOP EXERCISING AND TAKE ON FLUIDS**



# Preventing Dehydration



## \*START HYDRATED, STAY HYDRATED!\*

- **Train your body to drink** – develop a drinking strategy and practice it everyday and during training
- Do **not** practice new strategies on match days!
- Drink ‘**little and often**’
- Do not **overdrink** as it can cause weight gain and swish around in your stomach causing bloating.
- **Enjoy** - Like what you are drinking. If not, you are unlikely to drink it!

# 3R's of Recovery



**REHYDRATE** with fluids

**REFUEL** with carbohydrates

**REPAIR** with protein

A low-fat flavoured milkshake is not only seen as a treat after training or matches but it is also the ultimate recovery choice for rehydrating, refuelling and repairing your muscles.

# Top 5 - Kitchen Equipment



Top 5 pieces of kitchen equipment to increase productivity and creativity in the kitchen:

1. Tefal Non-Stick Frying Pan
2. Chopping Board with Gripper
3. A Good Set of Knives or a 'Clever Cutter'
4. Vegetable Chopper
5. Smoothie Machine

Bonus – Talking Temperature Gauge

# Summary



- Don't exclude any food group from your diet (unless for medical reasons), aim to eat a varied diet.
- Consume a meal which is high in carbohydrates (GO foods), moderate in protein (GROW foods) and low in fat, 2-4 hours before a training session or match.
- Start hydrated, Stay hydrated!
- After training and matches, you should aim to rehydrate, refuel and repair your muscles. A flavoured milkshake and some fruit is a good option.
- Learn a life skill in cooking as early as possible