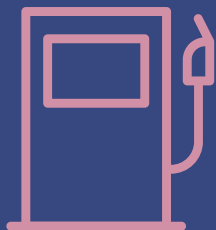


Fuelling around training & events for performance AND health



BEFORE

Fuel Up



DURING

Top Up



AFTER

Refuel + Recover +
Repair + Rehydrate

GOAL

CARBOHYDRATE
FOODS

WHEN

30 minutes to 2 hours
before

WHAT

Fruits
Bread/Toast
Cereal
Yoghurt
Muesli bar
Energy Bar
Milk based drink
Fruit Juice
A Meal with
pasta/rice/potato

GOAL

HYDRATION +
CARBOHYDRATE
FOODS

WHEN

Every 45-60 minutes
OR Quarter & Half time
OR In between events

+

Sip often & small

WHAT

Fruit
Sandwiches
Sports drink
Electrolyte Drink
Cordial
Gels
Chews / Bars
Dried fruit
Lollies / Marshmallows

GOAL

PROTEIN +
CARBOHYDRATE
FOODS + FLUIDS

WHEN

Within 45-60 minutes
Then every 2-4 hours

WHAT

Eggs on toast
Sandwich with
tuna/chicken/tofu + salad
Smoothie with milk &
fruit
Yoghurt with muesli
and/or fruit and nuts
Cereal with milk/yoghurt
Cheese & Crackers
Dinner/Lunch meal
Protein shake + fruit



EVENT DAY TIMELINE



USE THIS AS A GUIDE TO FUEL EVENT DAY / GAME DAY/ RACE DAY
SO YOU CAN BE YOUR PERSONAL BEST

DAY BEFORE | PREP

PRIORITISE CARBOHYDRATE
FUEL FOODS.
HYDRATE!
EAT REGULARLY 2-3 HOURS

EXAMPLES: CEREAL, RICE
OR PASTA FOR MEALS;
FRUIT, YOGHURT, MUFFIN,
SLICES, MUESLI BARS

30-60 MINS | TOP UP

A LITTLE MORE CARBS TO
TOP UP AND GET THE
MIND FOCUSED

KEY FOR TRACK & FIELD;
TEAM SPORTS;
SPORTS <1 HOUR

AFTER | RECOVERY

PROTEIN + CARB FOODS TO
HELP REPAIR ASAP AND
ADAPT
FLUIDS TO REHYDRATE

EXAMPLES: CHOC MILK/
UP & GO/ SMOOTHIE;
SANDWICH/WRAP; SUSHI

2-4 HOURS | PRIMER

BREAKFAST OR BREAKFAST
+ SNACK

PM: BREAKFAST + SNACKS +
LUNCH (HAVE EARLY IF
NEED)

KEY: CARBOHYDRATE FUEL
FOODS + FLUIDS

DURING = FUELLING

FLUIDS FIRST = HYDRATE +
ENERGY TOP UP
WATER FIRST
SPORTS DRINKS
FRUIT
LOLLIES
MUESLI BARS
SANDWICHES ETC

KEY = HYDRATION +
CARBOHYDRATES TO TOP
UP