

GAME DAY HYDRATION + NUTRITION

HYDRATION

Before Game/Performance

2 hours prior to training or the evening before, drink 10ml/kg of body weight. If it's a long/hot/outdoor session, make this a sports drink.

| What to Drink? | | Conditions | |
|----------------|---------------------------|---|--|
| | | Hot | Cold |
| Duration | Short (< 60 min) | Pre activity = Sports drink (such as Powerade) During = Water | Pre activity = Water During = Water |
| | Long/Endurance (> 60 min) | Pre activity = Prehydrate with sports drink and water prior to training to load fluid stores During = Powerade + Water - alternate | Pre activity = Water + carb snack for energy During = Sports drink (such as Powerade) to top up energy levels |

During Game/Performance

Drink regularly throughout the game/training, up to 250ml every 15-30 minutes, Can be a mix of sports drinks or water.

NUTRITION

After Game/Performance



Carbohydrates: Important to eat a high carbohydrate food (e.g Banana/Lollies) within the first 15-30mins post game to optimise muscle glycogen replenishment. More specifically, 1.2 g/ kg/hr of CHO can be consumed at 15- to 30-minute intervals immediately upon finishing exercise.

Protein: Important to eat/drink protein or protein/carbohydrate mix within the first 15- 30mins post game to optimise muscle glycogen replenishment. After longer periods of rest a high protein meal should be consumed to maximise muscle protein synthesis.

