Perform better
eat smart

Eat smart

Before, during and after training and competition and **perform** better!

Before

Fuel up your energy storage with carbohydrates – the most important source of energy for your muscles!

- Bread
- Cereal
- Oatmeal
- Hot meal with pasta, rice or potato

Drink to ensure fluid balance

- Minimum 0.5L the last 2 hours before start

During

Drink during all workouts

- 0,5 L per hour (more when it's hot!)

Drink before you get thirsty!

- Start early fluid intake and drink every 15-20 minutes

Consume carbohydrates during intensive sessions, lasting more than 1-1,5 hour

- Sports drinks or mixed juices
- Banana, raisins, bread, energy bars

After

Eat a recovery meal within half an hour

- Banana / fruit
- Raisins
- Milk, chocolate milk
- Smoothie, juice
- Yogurt, yoghurt with cereal
- Bread
- Recovery bar

Drink to replace your fluid loss

Eat a larger meal within 1-2 hours

Perform better

Before competition

Fuel up your energy storage with carbohydrates and high nutrient density

- Whole grained bread with protein-rich toppings: eggs, mackerel, turkey toppings, liver paste, cheese
- Yogurt, yoghurt with cereal
- Dinner: chicken with rice

Avoid fatty, salty and strong foods

- Heavy meat dishes, sausages, pizza, salty chips

Drink plenty of energy

- Milk, juice, sports drinks

On the day of competition
After weighing

- If you are going to fight within 2-3 hours: recovery shake and sports drink
- If you are going to fight within 4-5 hours: Rehydrates on sports drinks
- Supplements with small meals until the start of the fight (whole grained bread with protein-rich toppings, cereal with jam, rbanana).
- 1 hour before fight: energy bar + sports drinks

WAKO
COACHES
Committee