

WHAT TO EAT DURING EXERCISE

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DURING PRACTICE NUTRITION GUIDE

You should absolutely fuel during longer training sessions to avoid further depletion and get the energy you need during training.

Have a 'snack pocket' with key snacks in your training bag so you can fuel up on the go during long practices and workouts!

TRAINING 75 MINUTES OR LESS?

HYDRATE!



Note: Electrolytes or Sport drinks optional, but could encourage hydration or substitute for a snack you might have forgotten before practice.

TRAINING 75 TO 120 MINUTES

Keep hydrating!
Include a sport drink or a combination of sweat and salty snacks if a break allows!



SHORT BREAK BETWEEN SWIM AND DRYLAND?

This is a key opportunity to fuel up!

Make the most of it by keeping hydrated and combining easy-to-digest sweet and salty snacks.

If your break is too short for a snack, have a sports drink.



TIPS!



During practice, use a squeezable soft bottle to maximize every short hydration opportunity.

Have a dedicated snack pocket in your swim bag!



DO YOU HAVE MORE QUESTIONS?

Visit Emilie's website
and reach out to book
an appointment.

ecrnutrition.com/en/

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