



MARINERS

**COMPETITION
FUELING**

FUELING BEFORE COMPETITION

- **3-4 hours** before your event
 - Carbohydrate-focused meal with moderate amount of protein & fat
 - Think of this meal as a regular, well balanced option that can include your go-to pre-competition fuels!

BENEFITS OF FUELING BEFORE COMPETITION

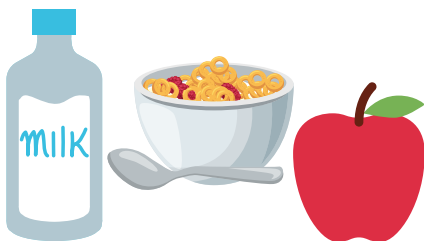
- **Fuels the Brain**
 - Can improve reaction time
- **Maintain Satiety**
 - Avoid mid-competition hunger
- **Fuels Muscles**
 - Provides energy to help utilize strength

FUELING IN THE MORNING

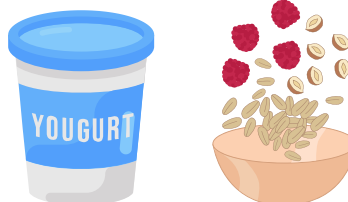
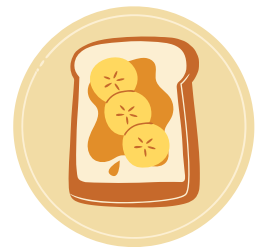
- Carbohydrate Options:
 - English Muffin, Bagel, Toast, Oatmeal, Granola, Cereal
 - Fruit for immediate energy!
- Protein Options:
 - Peanut butter, Greek Yogurt, Eggs
- Fat Options: Small amount
 - PB & Eggs generally well tolerated

PAIRINGS TO TRY

milk + cereal & fruit



Bagel w/PB + banana



Yogurt parfait

FUELING DURING COMPETITION

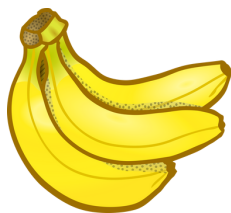
- Aim for **30-60g** of carbohydrates (CHO) about 1-2 hour before the game or your race
- The closer you get towards the game or your race, the more carbohydrate focused your snacks should be
 - Fruit contains quick digesting carbohydrates to give you an immediate energy boost!
- **7 - 10 oz** (4-5 gulps) of water every 10-20 minutes during the meet/game

DURING COMPETITION CHEAT SHEET

Most Granola Bars
20-35g CHO



Banana
~ 27g CHO



Mini Pretzels (25 pc.)
~ 30g CHO

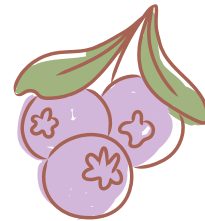


Sports Drink (12 fl. oz)
21-24g CHO

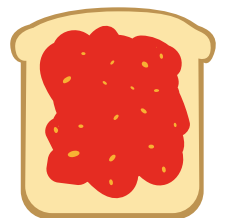
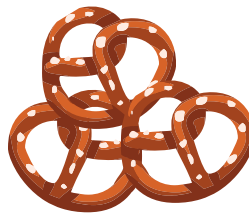


FUELING BETWEEN EVENTS

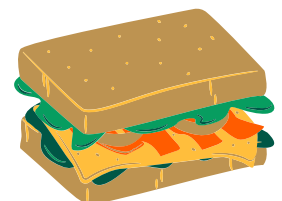
- One hour or less between events
 - It is best to only consume quick digesting carbohydrates found in sports drinks or fruits



- 2-3 hours between events
 - Carbohydrate dense snack with a small amount of protein
 - Limit fat - Not enough time to digest
 - Hydrate!



- 3-4 hours between events
 - Have a meal that is composed of primarily carbohydrates
 - Keep meals simple and limit sauces, dressings, and processed foods
 - Hydrate!



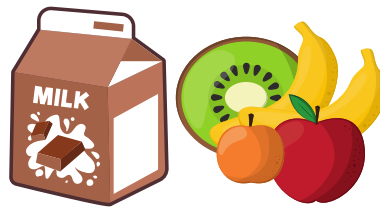
FUELING AFTER COMPETITION

- Aim to consume within 30-60 min
- Include protein to rebuild & repair muscle
 - Choose quality sources with **15-30g protein**
- Include at least **30-60g CHO** to replenish glycogen stores (ENERGY)
 - See suggestions below

AFTER COMPETITION FUELING SUGGESTIONS



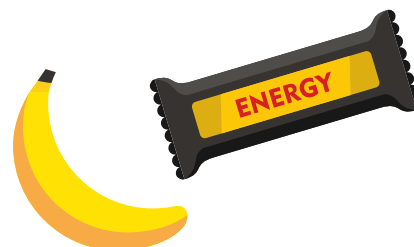
Yogurt parfait



chocolate milk + fruit



trail mix + fruit



Energy bar + banana