

## **NUTRITION**

During training it is important that your body has enough fuel to allow you to train to your full potential.

### **Before Training**

Have a low fat meal within one to two hours before training. It is best not to eat anything immediately before you train. A high fat meal (e.g. fried fish and chips) takes about four hours to clear your digestive system, so it can slow you down or cause cramp. A low fat meal (e.g. grilled lamb cutlets, boiled potatoes and vegetables) will clear in one and a half to two hours; so will leave you with more energy for training.

### **During Training**

Replenishing carbohydrates during training will enable you to keep going for longer. You can eat it in cereal bars, dried fruit, glucose sweets, or drink it in the form of sports drinks. The dried fruit or cereal bars will give a longer lasting level of carbohydrate than drinks, but either will work.

### **After Training**

Immediately after training your body works to replenish the glycogen stores in your muscles. Your body will lay down more glycogen in the first two hours after training than at any other time. For this reason it is important to eat plenty of carbohydrates, preferably within thirty minutes of training e.g. have your dinner, a bowl of cereal or a sandwich. This will leave you better prepared to exercise the next day.