

Player Nutrition

Fuelling for
Training



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COUNTY CRICKET CLUB

Energy

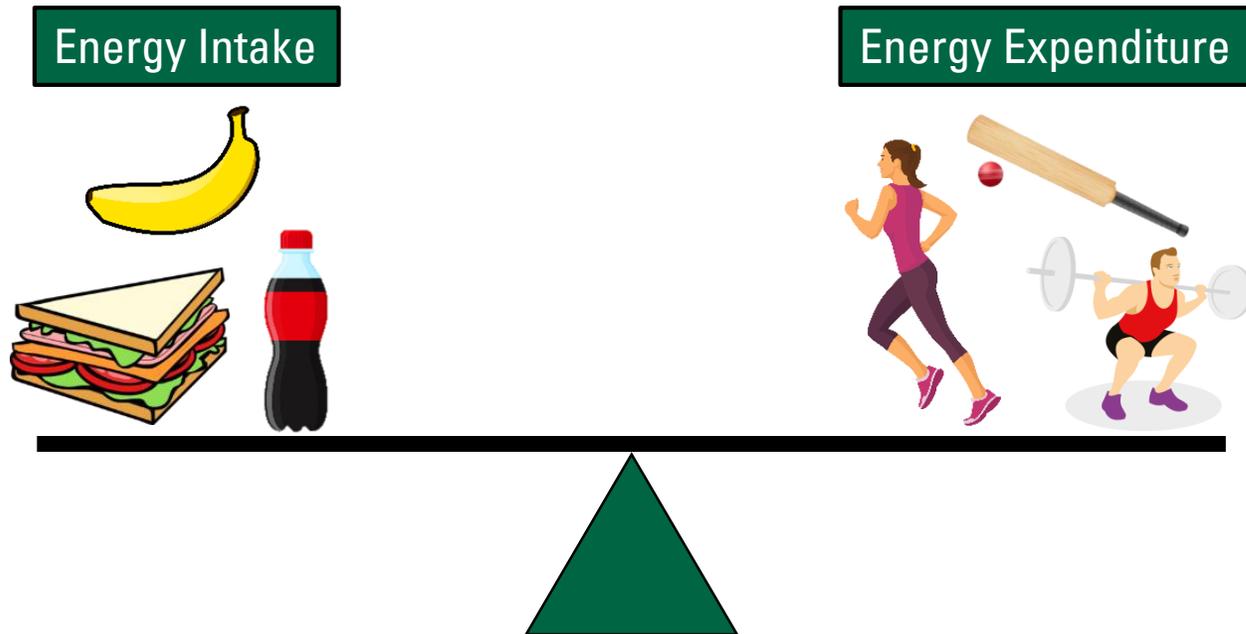


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Energy Balance

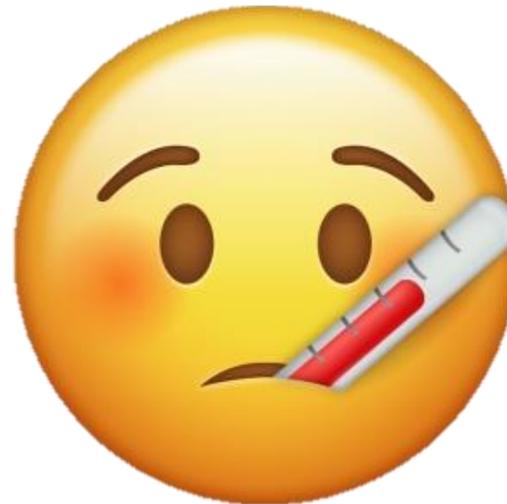
As young athletes, you **require more energy** than non-athletes of a similar age

Many of you are still **growing and developing**, which also requires energy

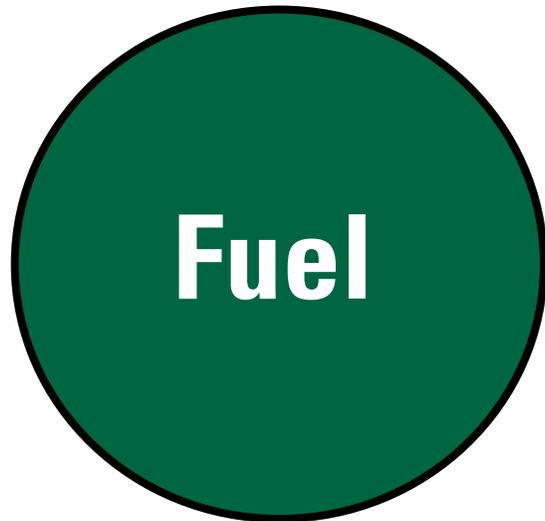


Risks of Low Energy

- Increased risk of injury
- Increased chance of becoming ill
- Decreased mental function and poor mood
- Decreased physical performance
- Decreased academic performance



Carbohydrates



Carbohydrates

Main source of energy for the body

Glucose you get from food either stays in the blood to be used right away or is **stored in the muscles as glycogen**



=



Types of Carbohydrates

Complex

Broken down slower & release energy slower

When?

2-3 hours before training

What?

- Whole grain bread, wraps & pasta
- Porridge
- Brown rice
- Quinoa
- Sweet potato
- Muesli



Simple

Broken down quicker & release energy quicker

When?

Immediately before, during, or immediately after training

What?

- White bread, wraps & pasta
- Corn flakes, coco pops
- White rice
- Fruit (juice)
- Sports drinks
- Honey & jam

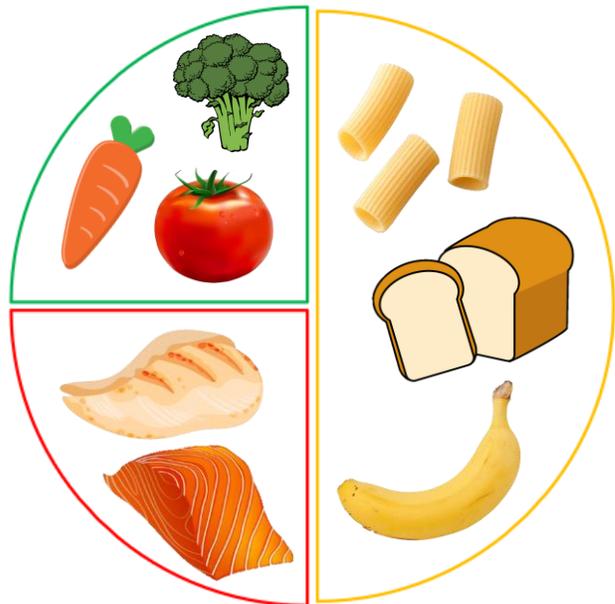


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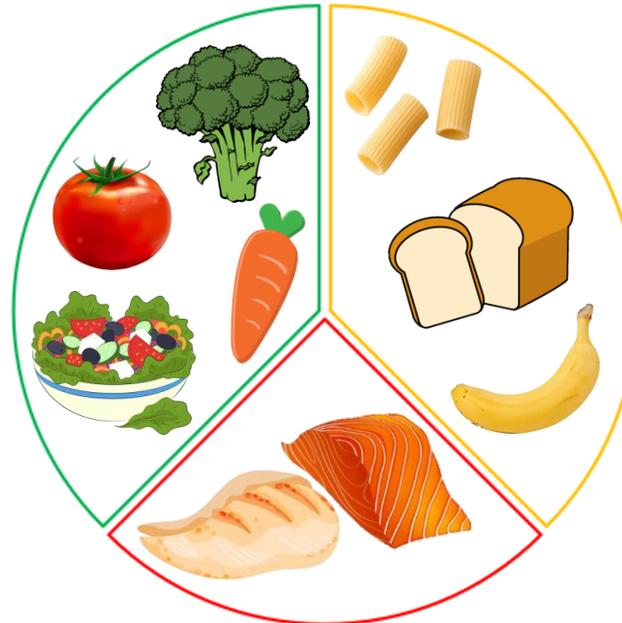
How Much Carbohydrate?

The amount of carbohydrate you require each day **depends on your training demands**

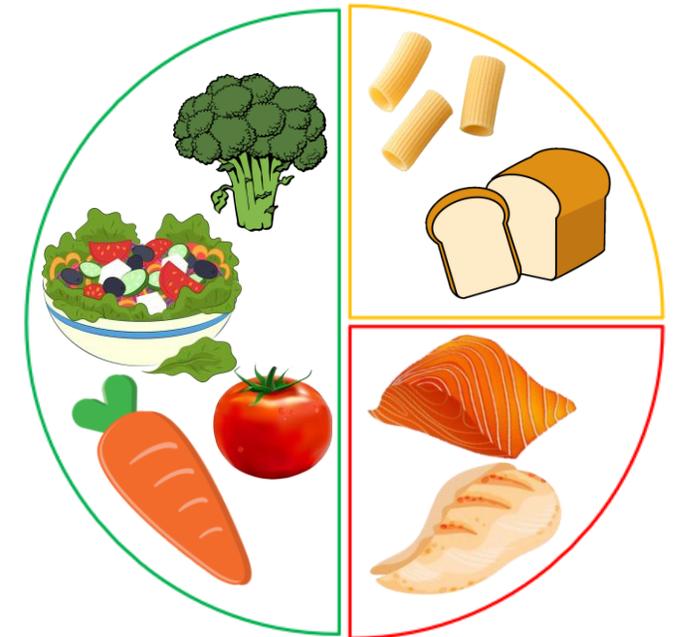
Heavy days



Moderate days



Rest & recovery days



Training Day Nutrition

Example



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2 – 3 hours before...

High Carb

Complex Carbs

Low Fat



Examples:

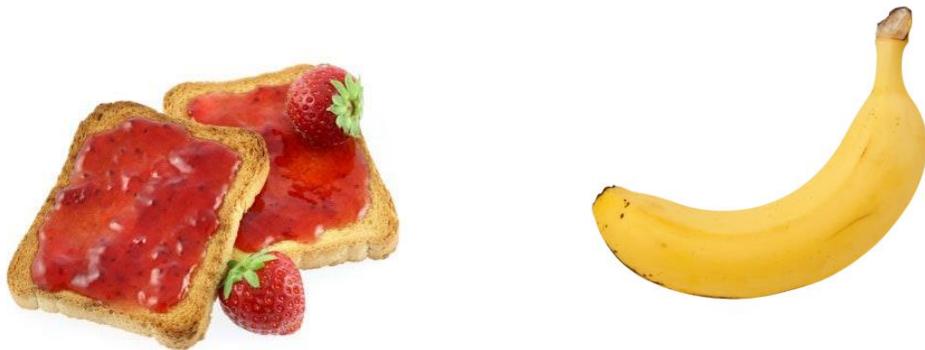
- Porridge, banana & honey (semi-skimmed milk)
- Tomato-based pasta (wholemeal) with veg (and chicken/lean beef)
- Stir-fry noodles with veg (and chicken/lean beef)
- Eggs with brown bread
- Wholemeal tortilla wraps / pitta bread with tuna & light mayo
- Lean meat sandwich on wholegrain bread with salad
- Baked potato with beans / tuna



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High Carbohydrate Snacks

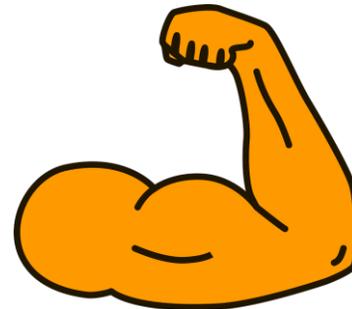
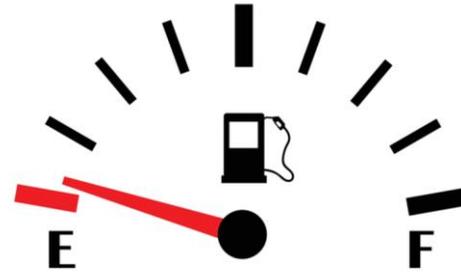
When short on time before training, and also during long & hard training sessions, carbohydrate snacks can be used to make sure your “glycogen tank” is full



During training...

If you made sure that your “glycogen tank” was full before training, you have enough carbohydrate to fuel around **1 – 1.5 hours of exercise**

If your session is longer than that, you should eat a **high carbohydrate snack every hour** to maintain your energy levels



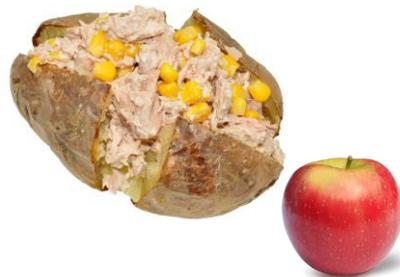
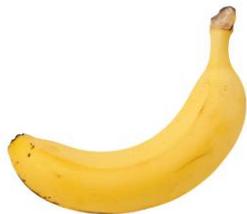
What might a typical training day look like?

This example focusses on **carbohydrate**

You will need to pair each of these meals / snacks with a protein source
(covered in the next session)



3 meals
2 – 3 snacks (depending on training load)



Early morning training?

Same as other sessions! 2 – 3 hours before training:



Focus should be on
the night before!



BUT – if waking up 2 hours before training isn't possible, refer back to the high carbohydrate snacks earlier in the presentation:



Hydration



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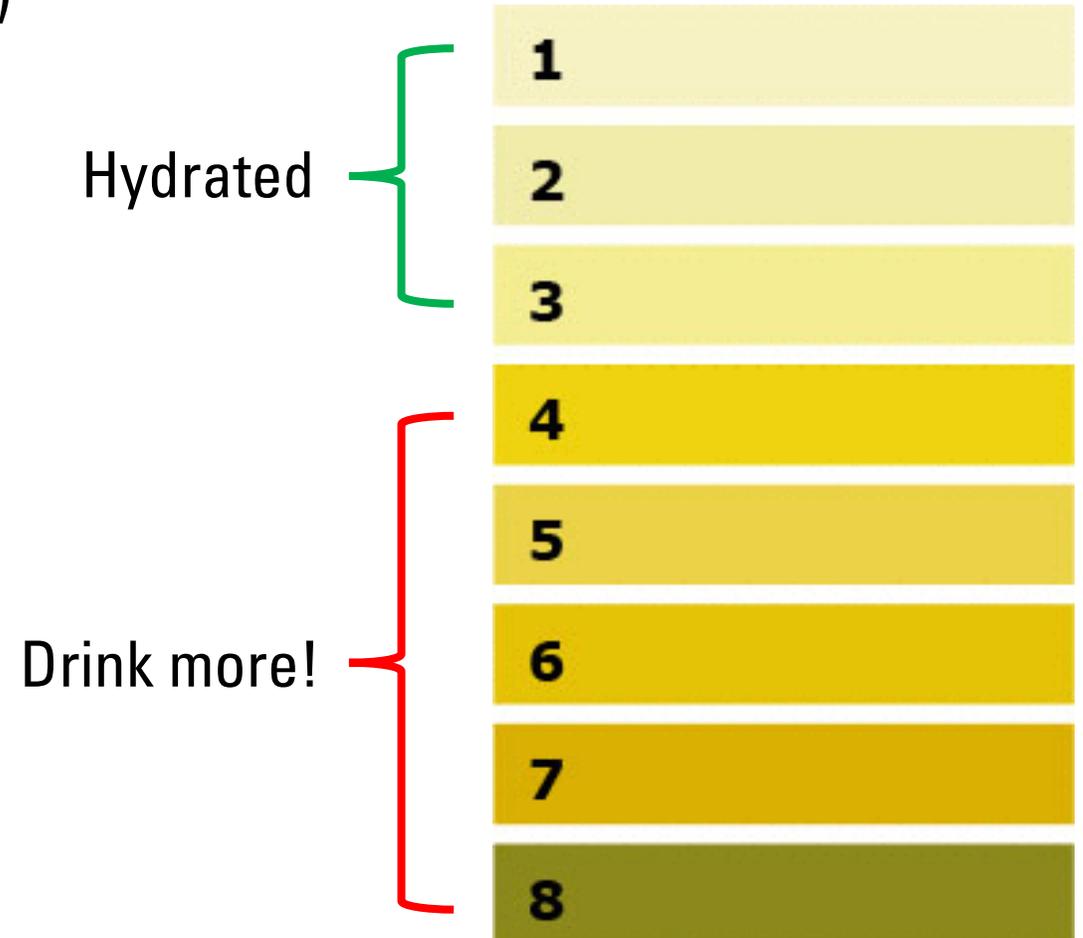
Hydration

Losing key fluids without replacing them can be very bad for performance:

- Reduced concentration (poor decision making)
- Poor form/technique (↑ injury risk)
- Reduced strength and stamina



Prevention
is better than **cure!**

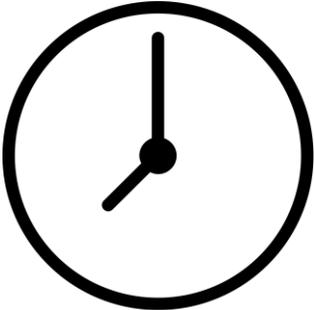


How much fluid?



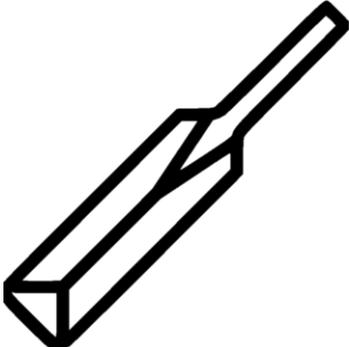
Daily

2 – 3 L
daily



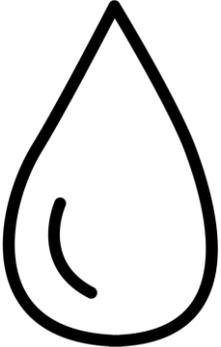
Before

400 – 600 mL
2 hours
before



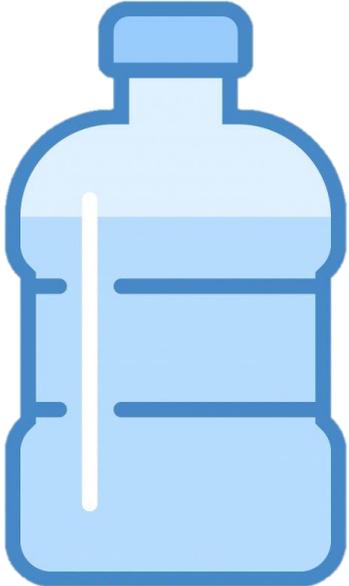
During

500 mL
per hour



After

1.5 x what
you lost



Depends on:

- Intensity
- Fitness
- Temperature
- Humidity

