Surviving Two-a-Days

Prepare Right

- Start preparing early—one month before
  - Drink large amounts of water before & during practice
  - Form eating habits: 3 meals/day, plus a snack pre- & post-workout
- Pre-hydrate the day before & morning
  - Light-color urine
- Eat breakfast the morning of
  - Include high carb foods, & protein
  - Limit high-fat foods
- Get a good night sleep!

During Practice

- Focus on staying hydrated
  - Drink by schedule: drink 4-8oz every 15 minutes
- If it lasts longer than one hour
  - 30-60 g of carbs for every hr
  - A sports drink with electrolytes is recommended, helps with cramps
- Use carbs for fuel
  - May need a lot of food that’s ok!

In-between Practices or Post-Work

- Carbs are critical as soon as tolerated
  - If not hungry try a carb drink
- Allow more digestion time before intense exercise than before low-level activity

Food Examples

- Eat familiar foods
- Breakfast
  - Lowfat Yogurt and fruit
  - Oatmeal with milk and fruit
  - 1 whole wheat bagel & jelly
  - Fruit Smoothies
- Pre-Workout
  - Fruits
  - Sports Drinks
  - Bread, Bagel, Granola Bar
  - Trail Mix
- Work out: 30-60 g/ 1 hr
  - 5-10 oz sports drink
  - 1 lg. banana,
  - 3 large graham crackers
  - 2 gels, or 1 powerbar
- Post-Workout
  - Chocolate milk
  - Fruit Smoothie
  - Sports Drink
  - Fruit/crackers
- Lunch
  - (See Pre-Workout for suggestions)
- Dinner
  - High carb, lean meat