Surviving Two-a-Days
Coaches guide

Prepare Right

- Start preparing early—one month before
  - Provide water & encourage athletes to drink during practice
  - Form eating habits: 3 meals/day, plus a snack pre- & post-workout
- Pre-hydrate the day before & morning
  - Straw/light color urine
- Eat breakfast the morning of
  - Include high carb foods, & protein.
  - Limit high-fat foods
- Encourage sleep the night before!

During Practice

- Water Breaks Hydration
  - Every 15 min they should drink 4-8oz
- If it last longer than one hour
  - Provide 30-60 g of carbs for every hr
  - A sports drinks with electrolytes is recommended, helps with cramps
  - Have pre during and post foods ready (see list of Food Examples)
- Use carbs for fuel
  - Encourage them to eat they 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

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
  - Breads, Bagels, 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, Sports Drink
  - Fruit/crackers
- Lunch
  - (See Pre-Workout for suggestions)
- Dinner
  - Encourage them to eat a high carbs and lean meats