



# Midleton Hurling 2015

## Pre-match Lifestyle

### ***The Day before Match***

Eat meals with plenty of carbohydrates the day before. This will ensure that you have adequate fuel for match day. See below for examples.

- **Avoid any high fat foods**
- **Drink plenty of fluids**
- **Get a good night's sleep**

### ***Match day***

#### **Pre-match meal**

On match day a pre-match meal should be consumed about 3 hours beforehand. Science tells us that ingesting a combination of nutrients (some protein and plenty of carbohydrates) may be beneficial. However, players should always be guided by the principle that whatever food you consume – make sure you are comfortable with it and don't experiment with a new sports drink or a different food in the hours before a game. This meal should be light and easy to digest. Avoid very high protein and fat as too much fat may cause gastrointestinal discomfort and will not provide you with the energy needed for exercise. See below.

#### **Pre-match snack**

A pre-match snack should be consumed within 1½ - 2 hours of the match. Again, making sure that all players are comfortable with it and do not experiment with a new sports drink or a different food in the hours before a game. Include a high carbohydrate source, with moderate protein and low fat. See below

Continue to drink plenty of fluids from now until the game begins (drink about 400 – 500ml fluid)

#### ***Pre Match Snack***

#### ***Examples***

#### **Low Protein, Low Fat, Low Fibre, High CHO – Choose from:**

- Sandwiches with Low Fat Cheese/Ham/Chicken/Boiled Egg/Tuna/Jam and Peanut Butter (*Not everything in the one sandwich!*)
- Cereal/Breakfast Bar
- Milk Shake/Fruit Smoothie
- Sports Bar/Cereal Bar
- Cereal and Milk
- Low Fat Yoghurt and Milk
- Sports Bar/Gel/Drink

During the Match fluid intake is important to prevent dehydration. Use every opportunity during the Match to drink fluid, such as stoppages, injury time and half time.

#### **Half time snack**

Players should consume fluids (to replace that lost in sweat) containing carbohydrates (to refuel and restock for the second half) and electrolytes (also to replace that lost in sweat) at half time. A recommended intake during half time can be between 300ml and 500ml for most players. This is crucial if players are to perform to maximum potential, especially in the latter stages of the game.

#### ***Half Time Snack***

#### ***Examples***

- Sports/Isotonic drink
- Jaffa Cakes



# Midleton Hurling 2015

## Post-Match snack

Within 30 minutes after the Match ends players should replenish carbohydrate, fluid and electrolyte losses. Protein also needs to be included. A team approach to recovery is often helpful where the team/management organises suitable snacks and drinks. Avoid alcohol and excess caffeine in the post recovery period, regardless of the outcome! Inadequate refuelling post exercise will slow down recovery, repair and adaptation.

### *Post Match Snack*

### *Examples*

#### High in CHO and Protein – Choose from:

##### Providing 50g CHO

- 2 large Bananas
- 5 Fig Rolls/Kimberley/ Hob Nobs (*not Chocolate*)
- 6 Jaffa Cakes
- 4 Jam filled Biscuits
- 2 Squares Bars/Tracker Bars
- 1 bag Wine Gums/Jelly Babies/Skittles
- 2 packets Fruit Pastilles
- 2 White Bread sandwiches

OR

##### Providing 10g Protein – Choose from:

- 30g Low Fat Cheddar
- 60g Feta cheese
- 40g Peanuts
- 50g Cashew nuts
- ½pt Low Fat Milk
- 2 Low Fat Yoghurts
- 5 heaped tsp Skimmed Milk Powder

OR

##### Providing 50g CHO + 10g Protein

- 250ml – 350ml Milk Shake
- Cereal with Low fat Milk
- 200g Low Fat Yoghurt with Cereal
- 250g Baked Beans & 2 slices Toast
- 1 round Sandwiches with 1 – 2 slices meat
- Large Baked Potato with 30g Cheddar cheese

## Post-Match meal

A meal high in carbohydrates, low in fat and containing protein should be consumed after matches to facilitate recovery, repair and adaptation.

### *Post Match Meal*

### *Examples*

- Lean Fillet Steak or Chicken Breast or Fish + Herbs to taste
- Boiled New Potato's or Basmati Rice or Couscous
- Lots of Vegetables
- Low Fat, no added sugar Yoghurt and Fruit
- Drink

## Evening Snack

### *Evening Snack*

### *Examples*

- Whole Wheat Crackers and Cheese
- 100g mixed Nuts & Seeds
- Cereal and Low Fat Milk
- Piece of Fruit with Low Fat Yoghurt
- Drink