

Hard Training/ Competition Day Plate



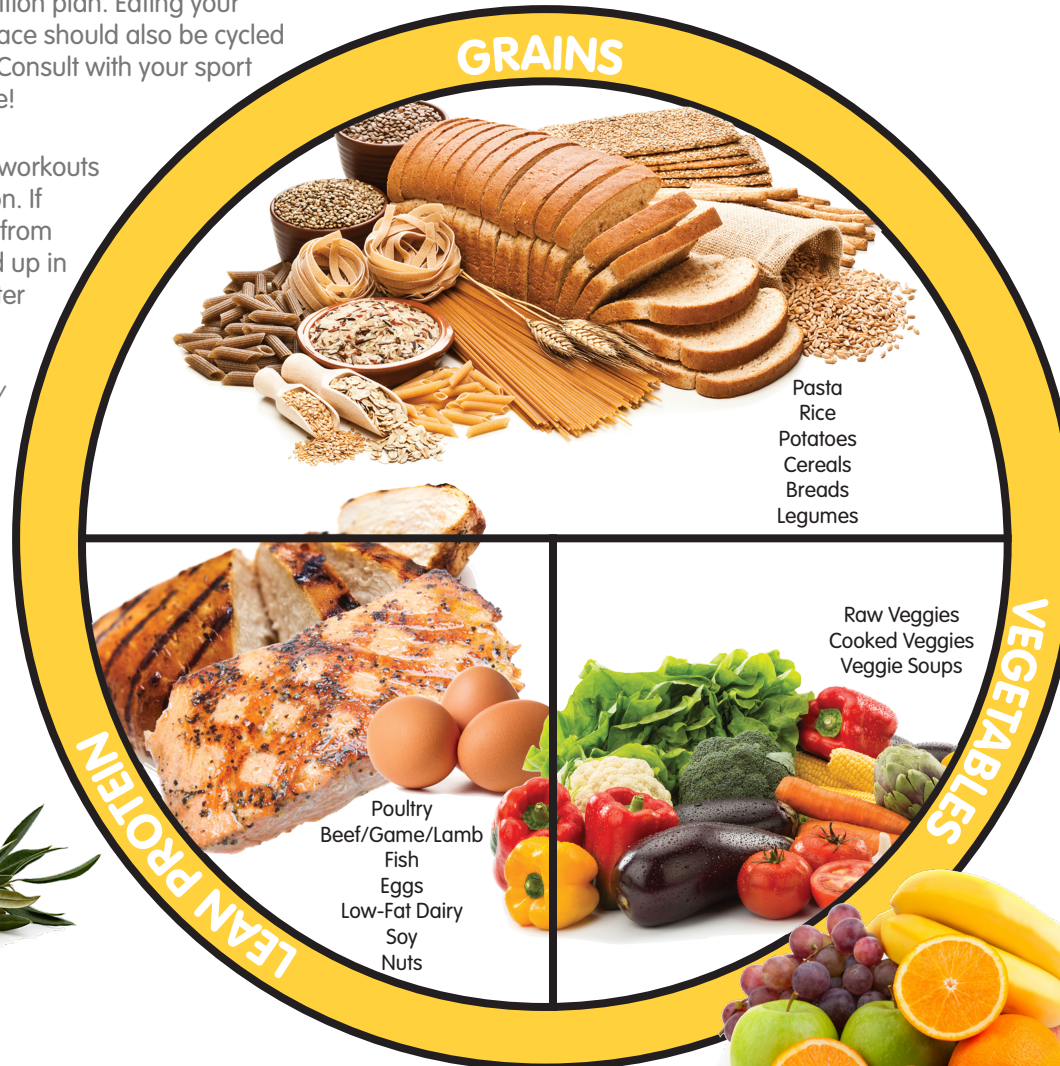
Sports Medicine Center
CHILDREN'S MERCY KANSAS CITY



Training volume and intensity vary from day to day and week to week along your training/competition plan. Eating your meals and fueling your workout or race should also be cycled according to how hard or easy it is. Consult with your sport dietitian to put this plate into practice!

A hard day contains at least two (2) workouts that are relatively hard or competition. If your competition requires extra fuel from carbohydrates, use this plate to load up in the days before, throughout, and after the event day.

This document has been clinically reviewed by Lora Edwards, MS Ed, RD, CSSD, LD, Certified Sports Specialist in Dietetics, Children's Mercy.



DRINKS

- Water
- Dairy/Non-Dairy Beverages
- Diluted Juice
- Flavored Beverages
- Coffee
- Tea



FLAVORS

- Salt/Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup

FATS (2 Tablespoons)

- Avocado
- Oils
- Nuts
- Seeds
- Cheese
- Butter

