

Moderate Training Plate



Sports Medicine Center

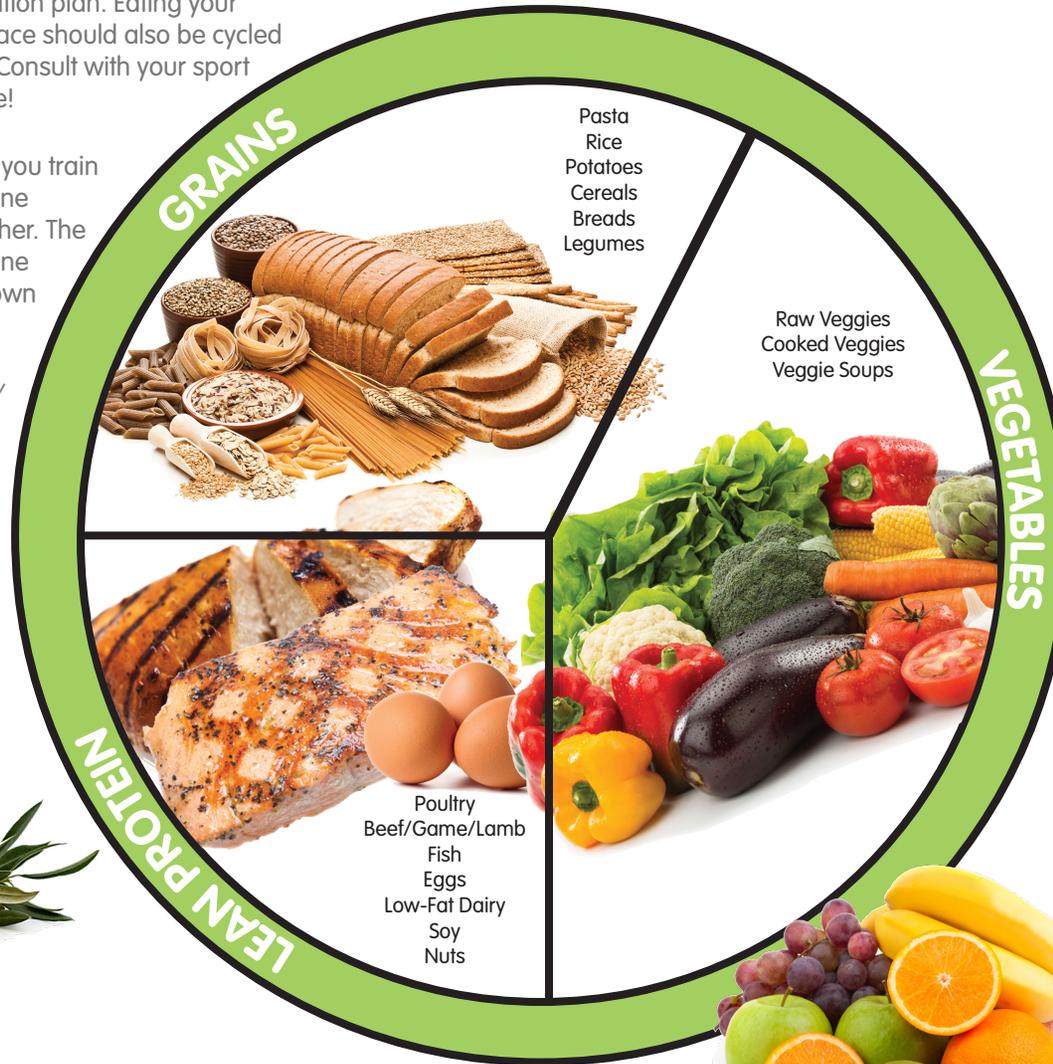
CHILDREN'S MERCY KANSAS CITY



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 moderate day may be one where you train twice but focus on technical skill in one workout and on endurance in the other. The moderate day should be your baseline from where you adjust your plate down (easy) or up (hard/competition).

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



FRUIT

- Fresh Fruit
- Stewed Fruit
- Dried Fruit