



SPORTS NUTRITION

For Kings School Chester Rowers

By

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ESTABLISHING QUANTITY – HOW MUCH IS ENOUGH ?

- Depends on weight – (ideal weight)
- Depends on volume of training
- CARBOHYDRATE ;

3-4 HRS per week = 4-5g/kg

5-7hrs per week = 5-6g/kg

1-2hrs daily = 6-7g/kg

2-4hrs daily = 7-8g/kg

4hrs+ daily = 8-10g/kg



For example:

- Rower weighs 75kg & trains 5-7hrs per week :

$$75 \times 5g = \underline{375g} \quad 75 \times 6g = \underline{450g}$$

Rower weighs 62kg , wants to reduce body fat by 3%, so ideal weight is 60kg. She trains 1-2hrs a day :

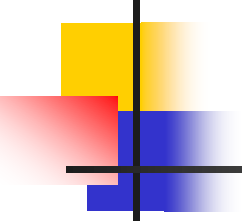
$$60 \times 6g = \underline{360g}$$



PROTEIN

- Any athlete training regularly and with some high intensity sessions, needs
 - 1.5g /kg daily
 - 2g/kg for growing athletes doing high volume & high intensity training.
- e.g the 75kg rower
- $75 \times 1.5g = 112g$
- the 60kg rower
- $60 \times 1.5g = 90g$

If you are a cox :

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- If you do not participate in any fitness training, or perhaps only do a physical activity 2-3 times per week, then you need only 1g of protein/kg/day.
 - Similarly, your carbohydrate need is less, so 3-4g of carb/kg/day will be sufficient.

BEST TIMING FOR PROTEIN

- Try to eat some protein at every main meal.
- Try to have at least 10g of protein very soon after training .





WHY? ...

- In the hour after hard exercise, body cells are 'set up' to take in nutrients, and direct them where they are needed, e.g
- Carbs are digested & converted into muscle glycogen and stored in muscle cells very efficiently.
- Protein digestion stimulates production of an enzyme : mTOR, which switches on protein synthesis and muscle growth/repair.
- Presence of protein also encourages insulin to drive carbs in to cells.

25g equivalent sources of protein

4 eggs	130g cooked salmon fillet	100g cooked chicken breast (small)	1 full can (40g) lentils
1 ½ cans of baked beans	2/3 can tuna	700ml of milk	2 desert spoons of Whey powder (30g)
2 slices whole seeded bread (10g) ½ can tuna (15g)	2 w/m bread ½ can baked beans 20g cheese	100g (1mug) porridge (11g) 200ml milk (7g) 5 almonds	2 eggs Bagel/toast 200ml milk

ACTION PLAN



- Write down up to 3 "to do" points for yourself, to put in to practice, to enhance your nutrition.



Useful resources

- www.myprotein.com

1kg Impact whey protein – £11.50
(+/- 35 drinks)

* Bike shops – for protein bars



Possible action ideas

- Go shopping with mum/dad one day, to help stock up on protein based foods.
- Read the nutritional content labels on foods that I eat a lot, to check protein content.
- Order some whey powder and/or get some protein bars.
- Take a protein drink to have after circuit training.
- Keep a couple of protein bars in kit bag for unexpected occasions.
- Try & have some protein at breakfast most days