

# Surrey Athletics



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# Session Overview



WHAT YOUR BODY NEEDS



FUELLING MOVEMENT  
RECOVERY, & SCHOOL



IN PRACTISE?



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What does  
“Healthy” look like  
to you?

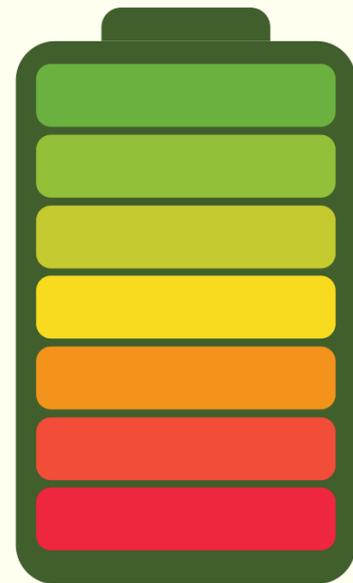


**Eating well means giving  
your body sufficient  
nutrition for what you are  
asking it to do**



# What your body needs

Energy

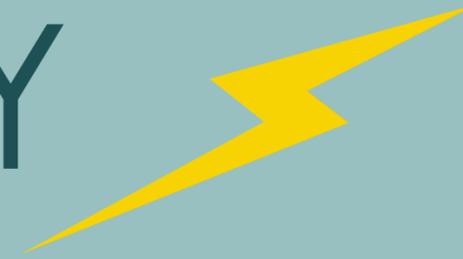


Nutrients



# What your body needs

# ENERGY



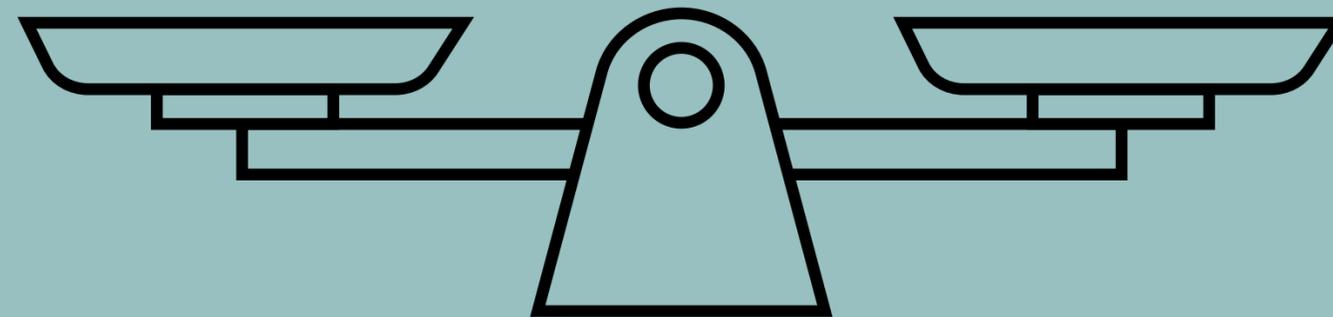
~~Kcal?~~

GROWTH

SPORT

SCHOOL

ENERGY



## Energy Balance

Goal=  
balance/  
surplus



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# What your body & brain need



20% on a normal day  
(much higher on an  
exam day) of your  
energy is used by  
your brain

CARBS  
ONLY

Your body needs alot of  
energy just to EXIST



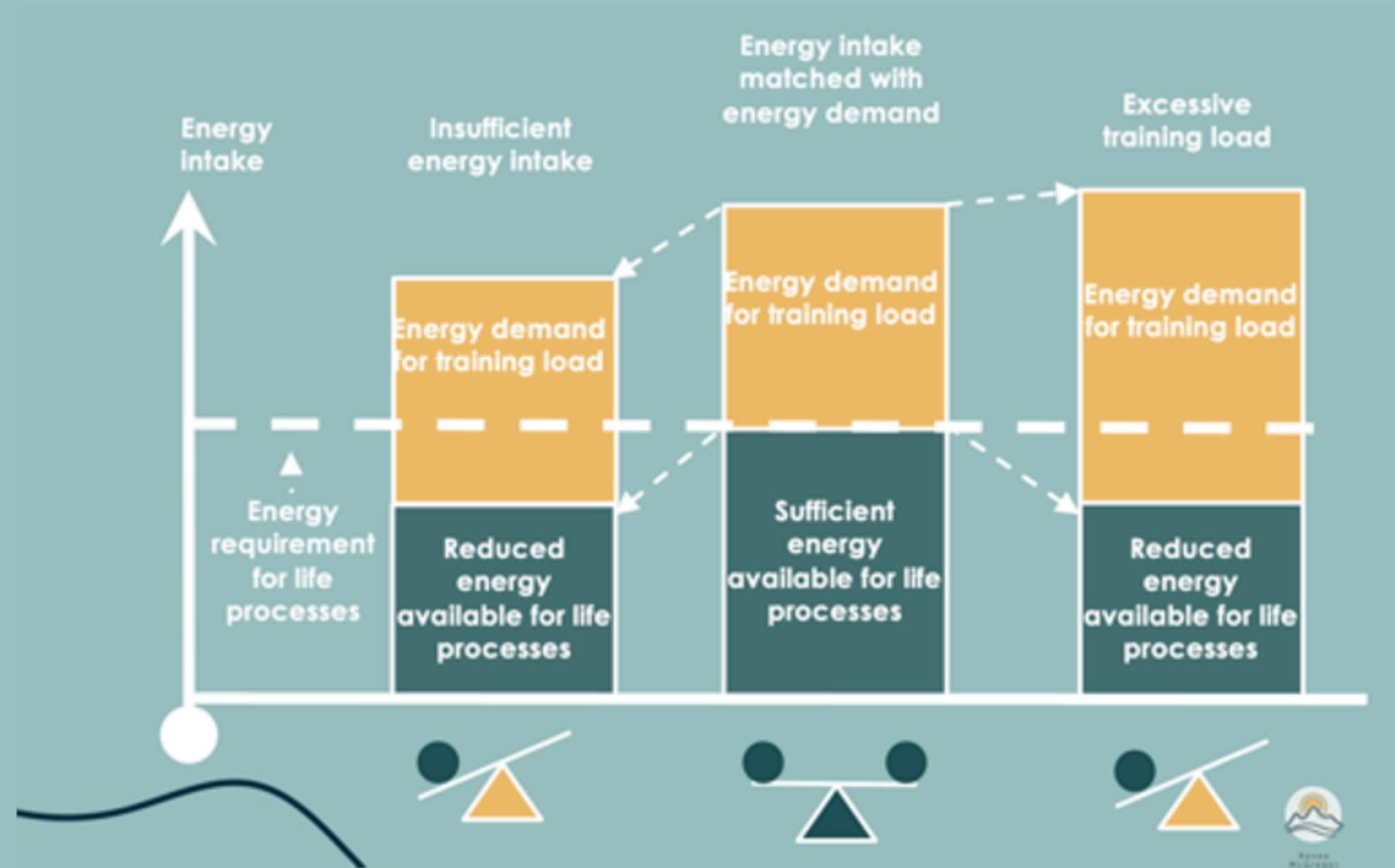
Exercise is only  
good for you  
when it's not  
stressing your  
body too much

FUEL  
NEEDED



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# Energy Availability



Training is **EXPENSIVE**

# The Role of Performance Nutrition?

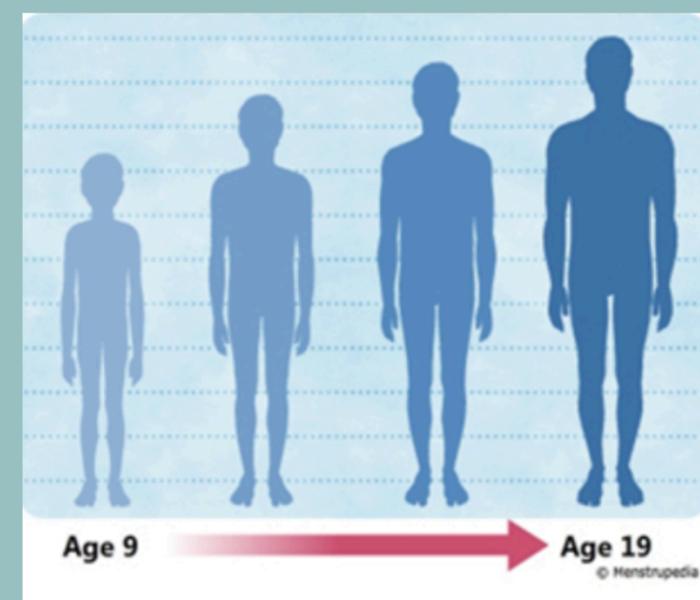
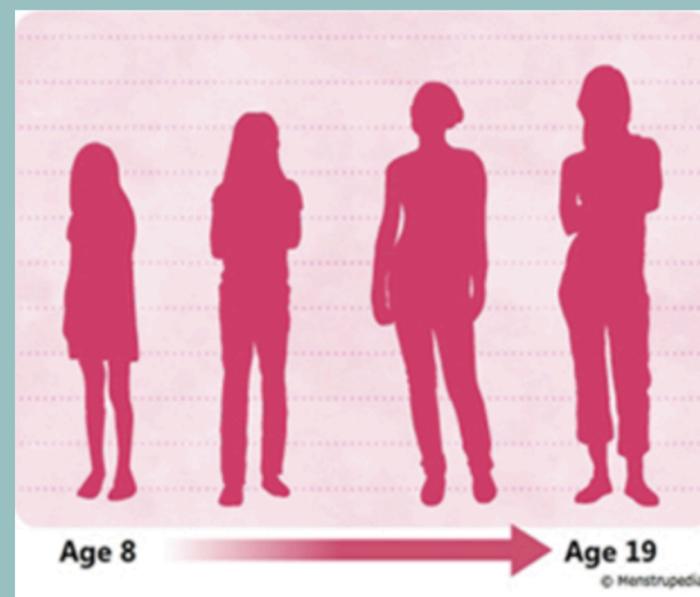
- ▶ Sufficient energy
- ▶ Prevention of excessive fatigue
- ▶ Consistent performance
- ▶ Prevention of stress to immune system
- ▶ Maintenance of normal Hormonal and Biochemical health



# The Importance of hormones

We have over 50 hormones circulating in the body

- ▶ Performance
- ▶ Injury risk
- ▶ Balance
- ▶ Mood
- ▶ Adaptation to training
- ▶ Bone health
- ▶ Body composition

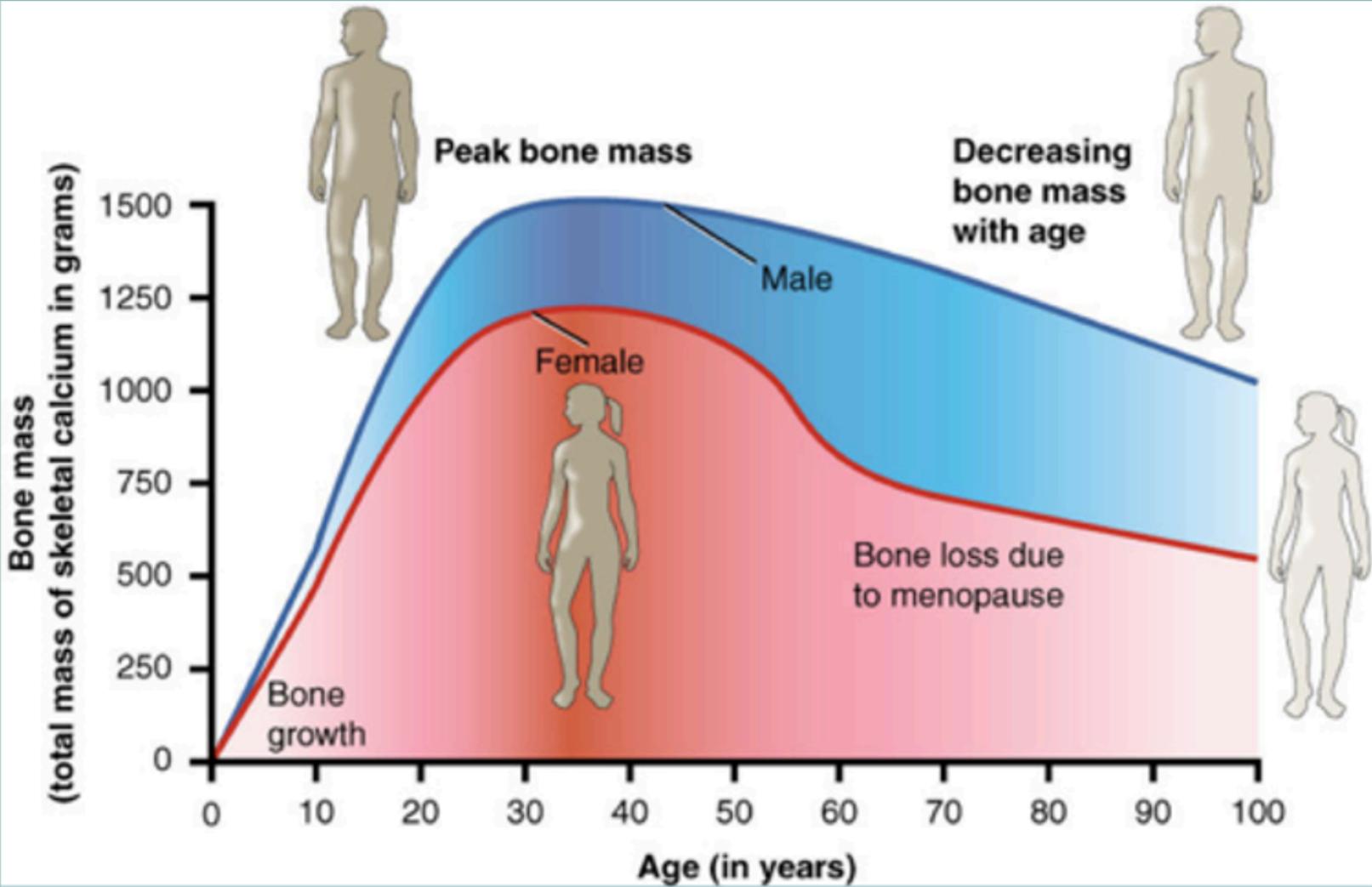


**Hormones significantly influence body composition, affecting factors like fat distribution, muscle mass, and bone density.**

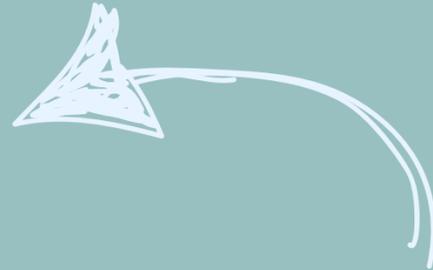
- **Sex hormones and cortisol, influence where fat is stored.**
- **Testosterone and growth hormone play a vital role in muscle growth and maintenance.**
- **Sex hormones and growth hormone, can affect bone density**
- **Thyroid hormones influence metabolism**



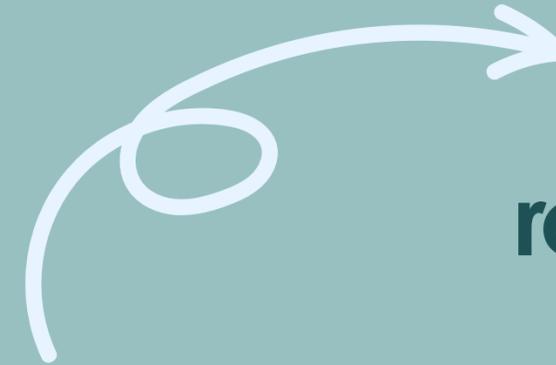
# Think bones...



**Illness**



**Intentional vs  
Unintentional  
restriction of food**



**How we end up  
Under-fuelled**

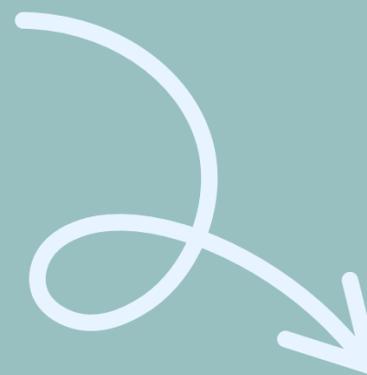
**Stress**



**Poor  
training**



**Mental  
health**



# What happens in Low Energy Availability?

Fatigue

Low mood

Low motivation

Higher risk of Injury

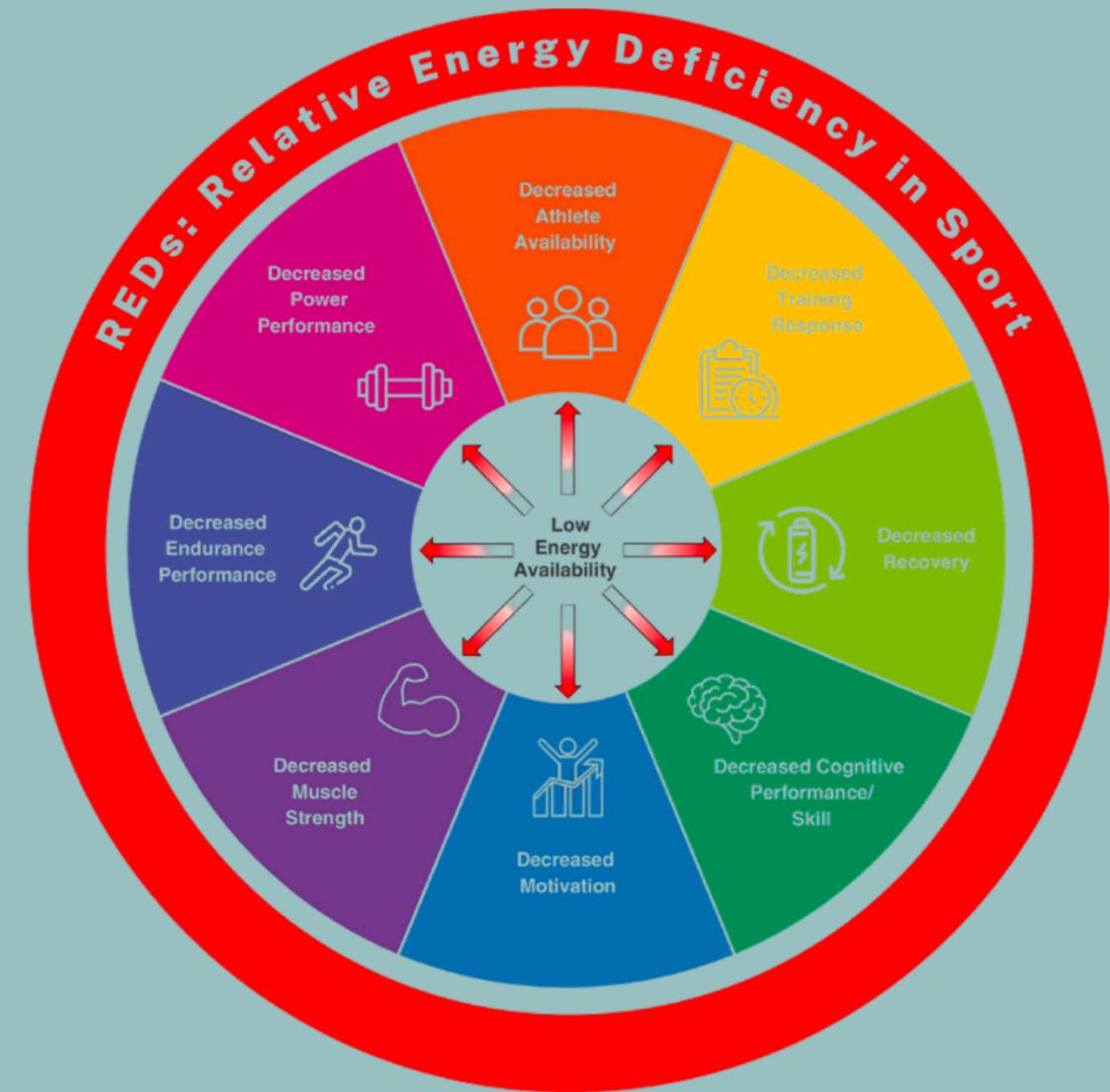
Increase illness

Reduced ability to recover

Reduced training adaptations

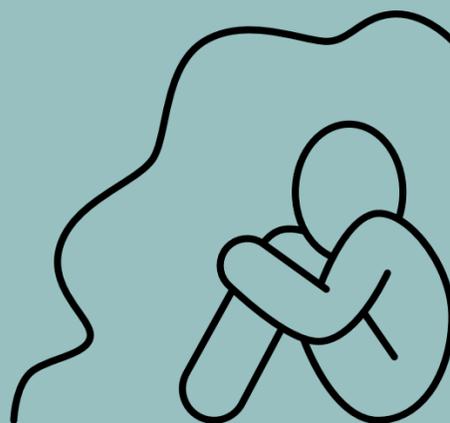
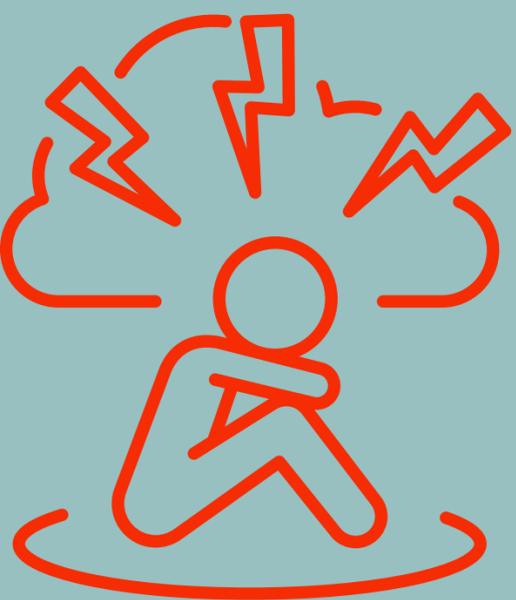
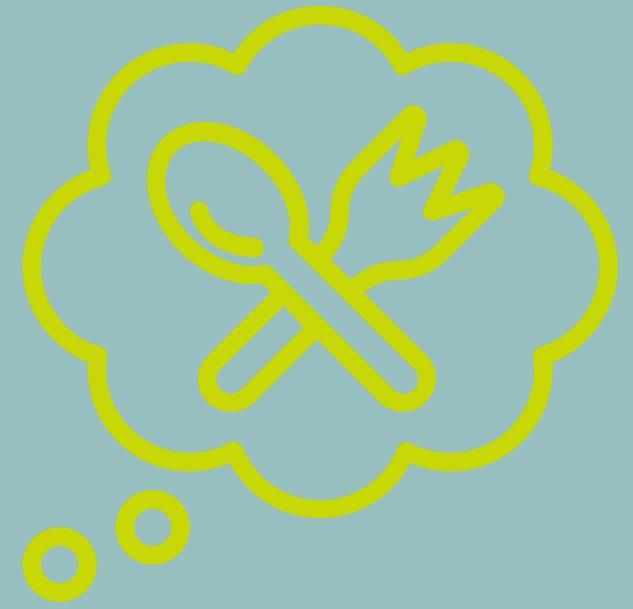
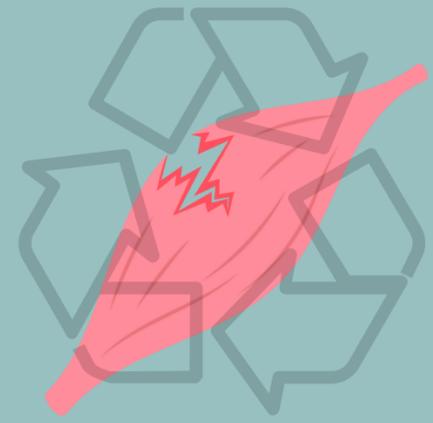
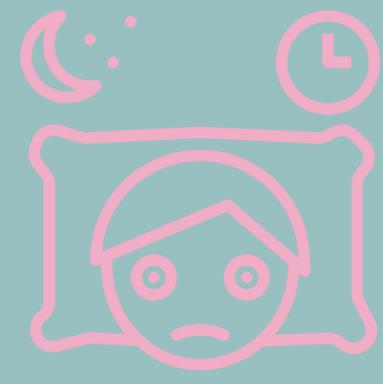


# REDs- Relative Energy Deficiency in Sport





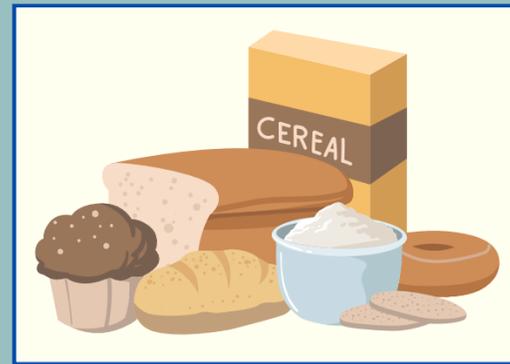
You might be  
**Under-fuelled**



# Fuelling for Training & School



# Macronutrients



Carbohydrates

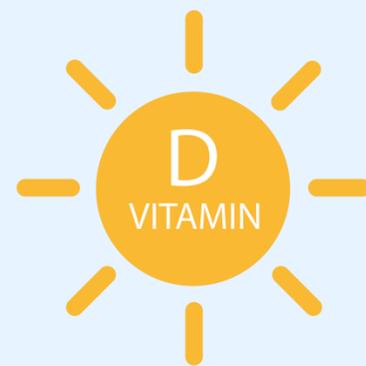
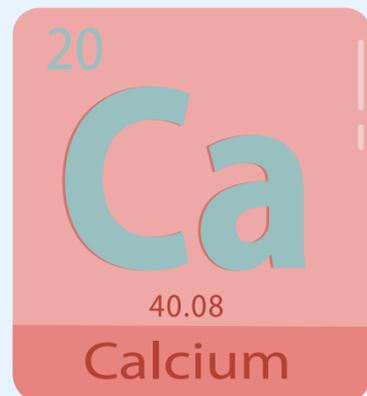


Protein



Fats

# Micronutrients



# Balanced plate

- CARBOHYDRATES
- PROTEIN
- FRUIT, VEG & FIBER
- FAT



# Building meals



1. Carbs



2. Protein



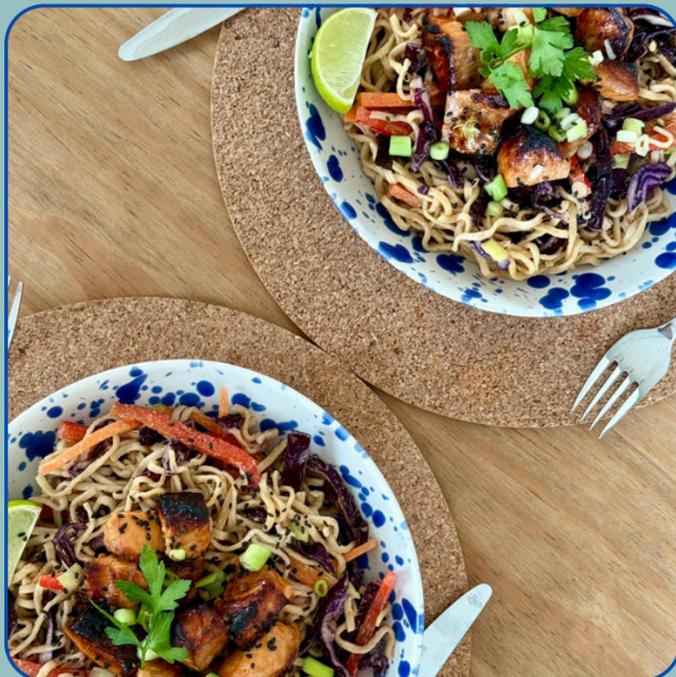
3. Fiber



4. Fat



# Example Eating



# Pre & Post session fuelling

## PRE

Quick digesting  
carbohydrate



## POST

Carbohydrate  
and Protein



# Recovery

- After an endurance, high intensity or heavy lifting session, essential that both carbohydrate and protein are included in recovery
- This should be within 30 minutes and can be your next meal if timing allows or if this is not possible, choose a liquid form which is easily digestible

## **E.g. Athletics training finishes at 4:30 but dinner won't be until 6:30**

1. Straight after training- 3:1 carb to protein snack- e.g. chocolate milk!
2. Follow up with a balanced meal at dinner time



# Planning around school & training

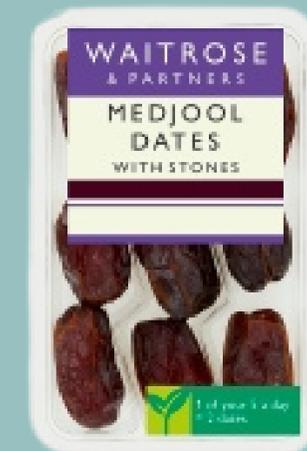
1. Plan ahead
2. Map your week
3. Make it easy for yourself

Remember PE counts towards your energy needs too! Not just formal training



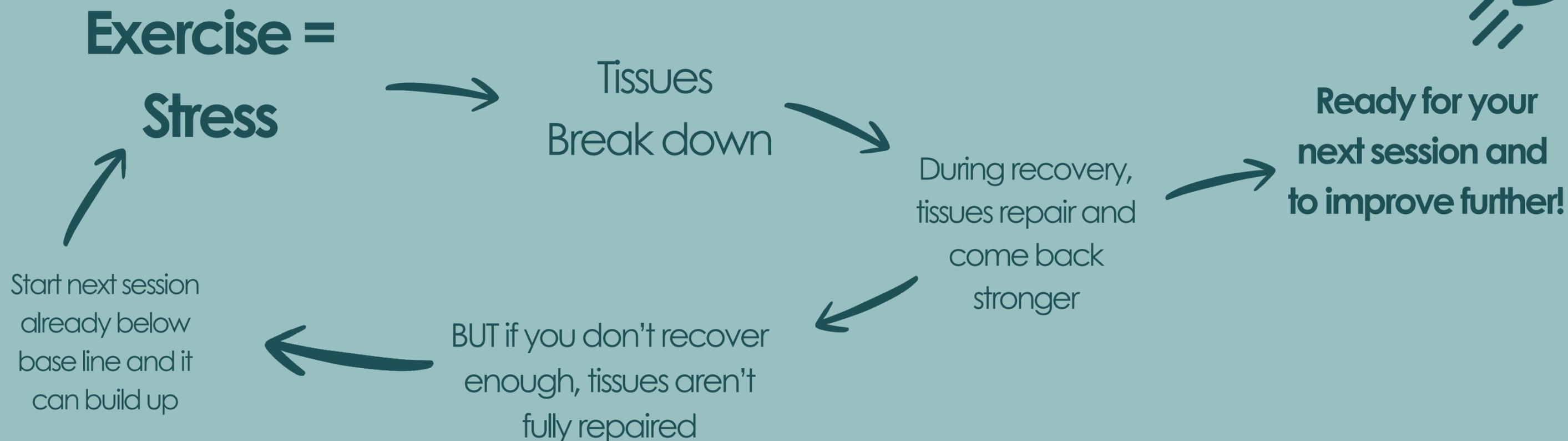
# Emergency Snacks

- Quick and easy
- Always have an emergency banana or emergency cereal bars on you- if you eat them- replace them!!
- Fuel forwards



# Importance of REST

Our bodies only recover at rest



~~Running  
fasted~~

✓ Pre run

✓ Post run

Top up  
the tank





**What is the worst  
diet for a runner?**



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**Fuelled Runners  
=  
Happy Runners**



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# Questions?



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