

Building YOUR Bank Account



David Tobin
Performance Nutritionist

*"Education is the most powerful weapon which we
can use to change the world"*

- Nelson Mandela

HOW SHOULD YOUR NUTRITION SUPPORT YOU?

Use your food and drink to help you...



INCREASE

Training Adaptation

Strength
Power
Speed
Endurance
Load



REDUCE

Risk of Illness and Injury

Less time missed



ENHANCE

Competition Performance

Citius, Altius, Fortius

Stronger, Faster, Further



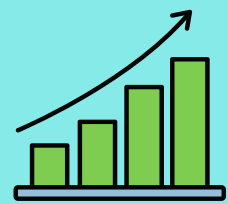
THE BEST ATTRIBUTE

AVAILABILITY

To train
To improve
To perform

HOW SHOULD YOUR NUTRITION SUPPORT YOU?

Use your food and drink to help you...



Knowing all this, **WHY** might you work on your nutrition? **WHAT** might you do?



INCREASE

Training Adaptation

Strength
Power
Speed
Endurance
Load

Less time missed

Citius, Altius, Fortius

Stronger, Faster, Further

THE BEST ATTRIBUTE

AVAILABILITY

To train
To improve
To perform

WHAT HAVE YOU DONE THIS YEAR THAT YOU CAN IMPROVE ON FOR NEXT?



YR 1

2020 (1)

Year 1: Baseline layer

General nutrition habits
Quality
Quantity
Timing

YR 2

2022

Specific nutrition habits

Periodise nutrition
Comp day nutrition
Supplementation

YR 3

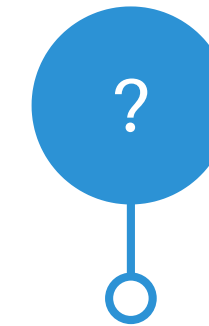
2023

FINE TUNING

YR 4

2024

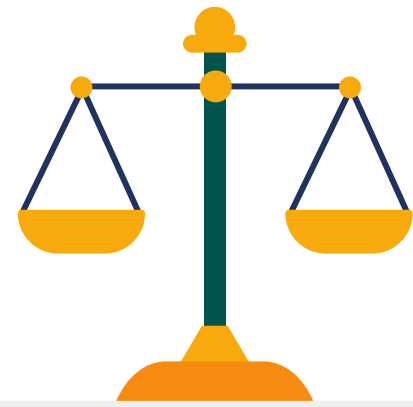
Olympic Year



- I plan out my weeks and include meals in the plan?
- What I eat and drink changes day-to-day or week-to-week?
- When planning what I eat, I consider energy needed for walks, cycling to and from places, study/work, training?
- I eat 4-5 feeds of protein across the day?
- I always have a carb meal and snack before training?
- I always have a snack with carbs and protein soon after training?
- I drink fluids throughout the day?

THE BASICS OF NUTRITION

Our nutrition team brings a FOOD FIRST approach to your fuelling



ENERGY

Comes from all food and drink you consume

As a development athlete you should aim for maintenance/positive energy balance



CARBOHYDRATE

High energy fuel source

Broken down faster

Simple - sweet type foods

Complex - wholegrains



PROTEIN

The building blocks of food

Important for muscle and bone health

Key role in the immune system



FAT

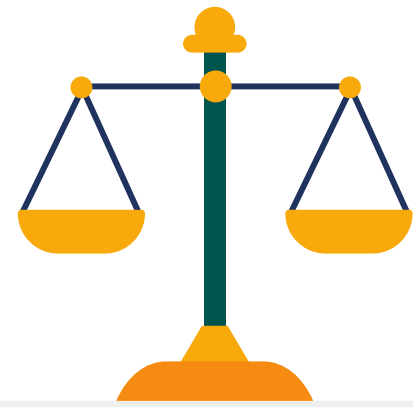
Slow energy fuel source

Broken down slower than carbs

Important for recovery, brain and hormones

HOW CAN YOU TELL IF YOU ARE BUILDING A GOOD BANK BALANCE?

Our nutrition team brings a FOOD FIRST approach to your fuelling



ENERGY

Comes from all food and drink you consume

As a development athlete you should aim for maintenance/positive energy balance

Anybody know a way to tell if you are building your bank account?

THE FLAGS

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ENERGY

Comes from all food and
drink you consume

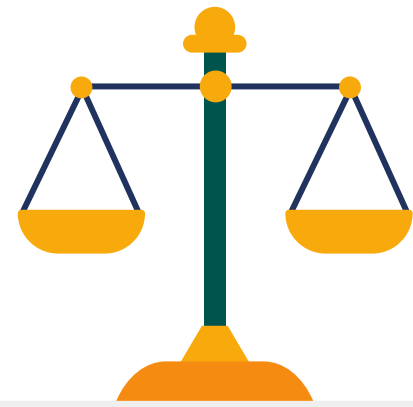
As a development athlete
you should aim for
maintenance/positive
energy balance

Anybody know a way to tell if you are building your bank account?

-  Lack of three consecutive periods in females or change in previously 'normal' menstrual cycle
-  Decline in morning erectile function in male athletes
-  Poor development of muscle mass
-  Difficulty staying warm in winter or cool in summer
-  Constipation or feeling bloated
-  Poor sleep patterns
-  Irrational behaviour
-  Fear of food and weight restoration
-  Poor recovery between training sessions
-  Recurrent injuries, including stress fractures/reactions

THE IMPACT OF RED-S

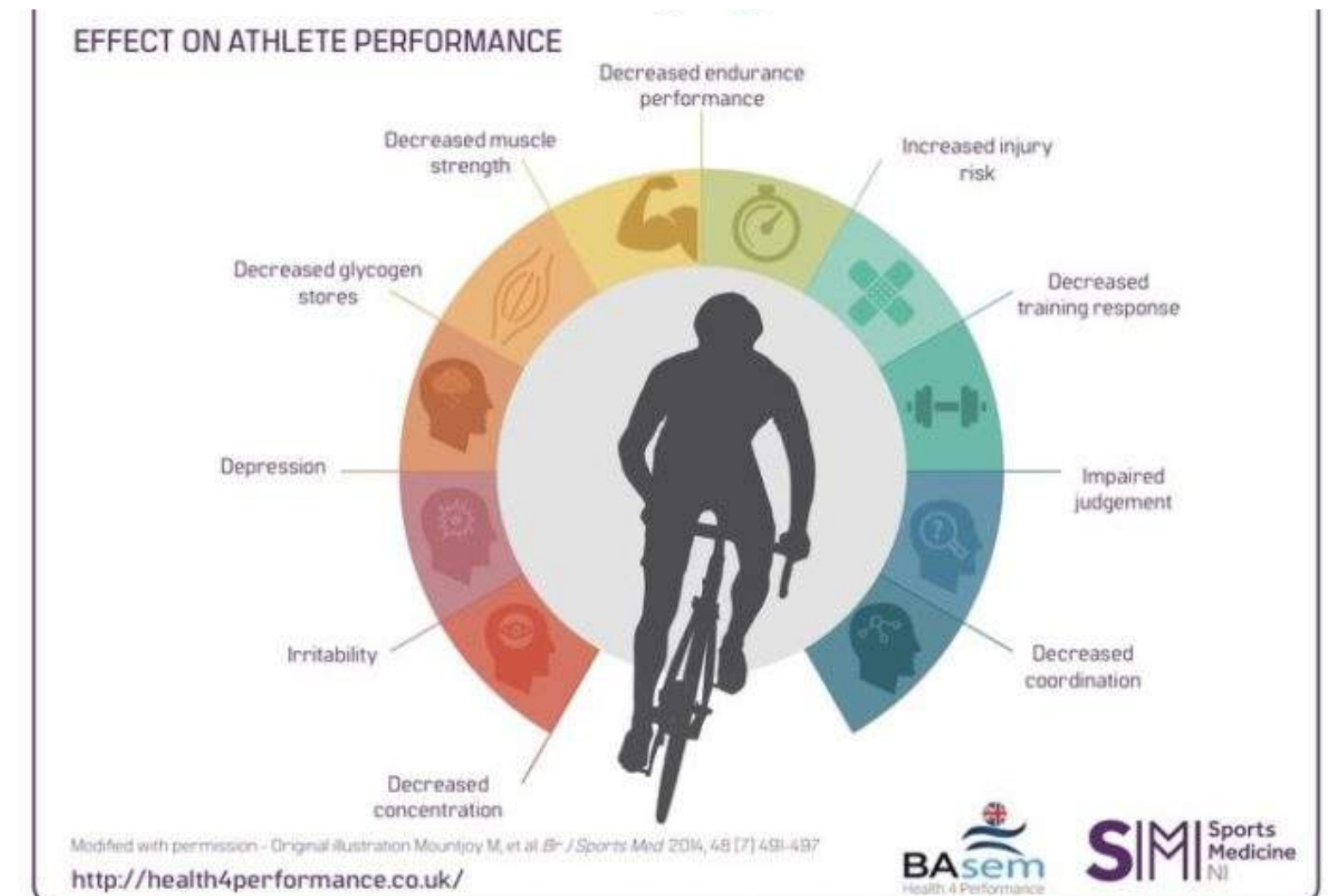
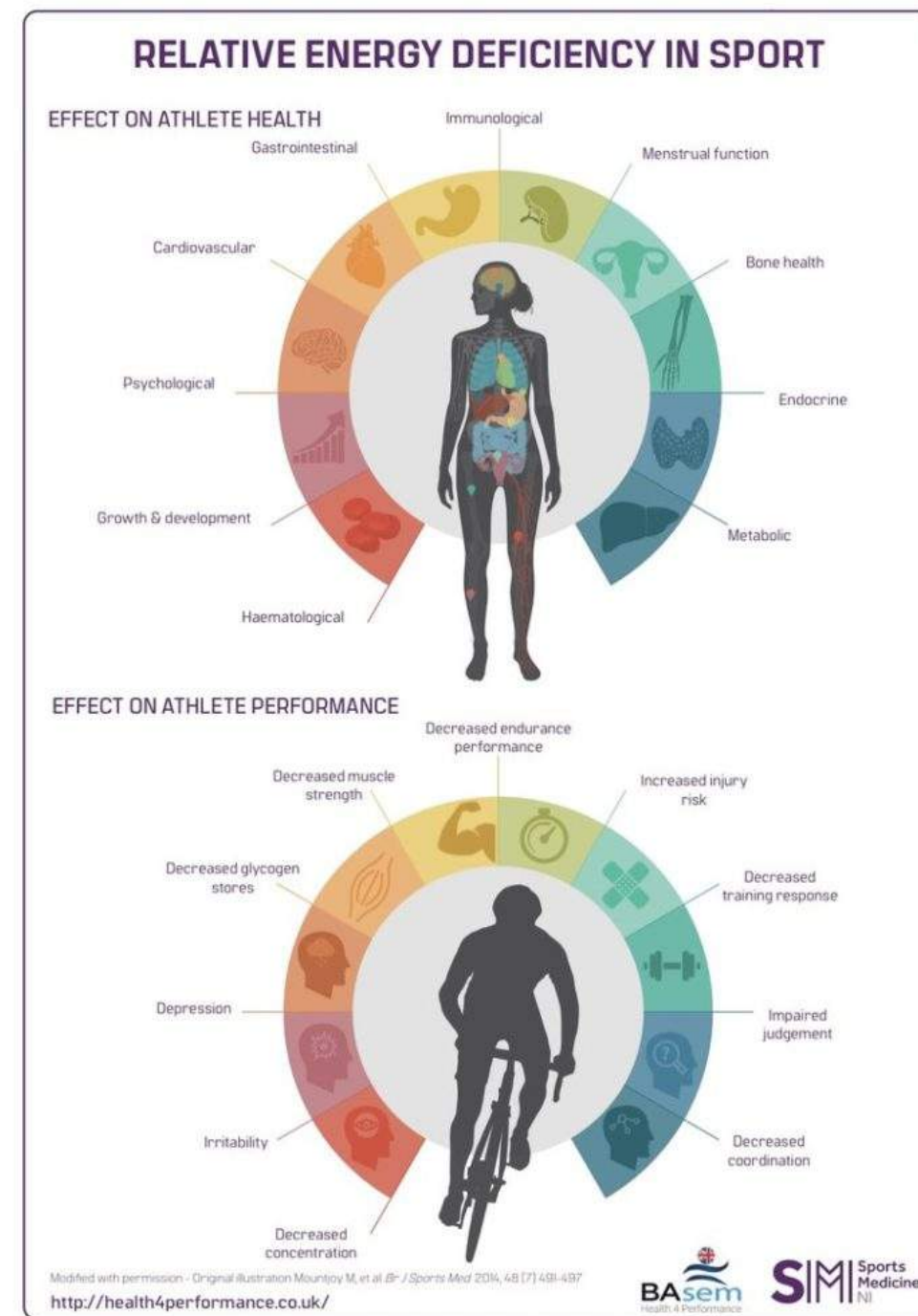
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PULLING TOGETHER A PLAN

Planning and preparation for better energy wellbeing

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
AM Snack							
Lunch							
PM Snack							
Dinner							
Pre-Bed Snack							

Consider:

What time your training is at?

What type of session you have?

When your next session is?

How long your session is?

Where your session is?

What else have you got in your day?

What else do you do in the day that requires energy?

CARBOHYDRATES



RICE
PASTA
POTATOES
BREADS
CEREALS
LEGUMES



CHICKEN
TURKEY
BEEF
LAMB
FISH
EGGS
LOW-FAT DAIRY
SOY
TOFU
TEMPEH
LEGUMES



COOKED
RAW
SOUPS

VEGETABLES



Water
Dairy/Non-dairy
Juices/Smoothies
Dilute
Drinks
Tea/Coffee

PROTEINS

FLAVOURS

Salt/Pepper	Salsa
Herbs	Mustard
Spices	Ketchup
Vinegar	Soy sauce



1 teaspoon

FATS

Avocado
Oils
Nuts
Seeds
Cheese
Butter



CARBOHYDRATES



RICE
PASTA
POTATOES
BREADS
CEREALS
LEGUMES



Water
Dairy/Non-dairy
Juices/Smoothies
Dilute
Drinks
Tea/Coffee

VEGETABLES



COOKED
RAW
SOUPS

Fresh fruit
Dried fruit
Stewed fruit

PROTEINS



CHICKEN
TURKEY
BEEF
LAMB
FISH
EGGS
LOW-FAT DAIRY
SOY
TOFU
TEMPEH
LEGUMES



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10 Ways to Boost Your Energy Intake

1
Drizzle extra virgin olive oil on meals/salads



2
Sprinkle cheese on meals



3
Eat or drink before, during and after training



4
Have an extra milky drink for a snack



5
Make fruit smoothies with milk and nuts



6
Add legumes to meat dishes



7
Eat a protein rich snack before bed (e.g. yoghurt, cottage cheese, quark, custard, protein shake)



8
Add protein or energy powders to smoothies, yoghurt, oats, muffins, energy balls



9
Add a handful of nuts to cereal, salads or snacks



10
Add eggs to burgers, crackers or as an extra to breakfast



PICK 3 TO INCLUDE DURING HIGHER TRAINING PERIODS...

PULLING IT TOGETHER

Planning and preparation for better energy wellbeing

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Lunch							
PM Snack							
Dinner							
Pre-Bed Snack							

Consider:

What time your training is at? *Earlier in the day now*

What type of session you have? *More orange/green due to more running*

When your next session is? *More sessions in the day - more green*

How long your session is? *Longer sessions - more green*

Where your session is? *Less travel - work on finding a quick post-trainer*

What else have you got in your day? *More recovery*

What else do you do in the day that requires energy? *Get into the kitchen and learn the skills you will need them*

SO THAT BEING SAID...HERE'S YOUR START POINT!



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