

Sports Nutrition for Track and Field

Game Day/Practice Day Education for Parents and Coaches

Plan ahead! If you wake up on the day of the event and you haven't thought about what you are going to eat, drink, and pack for the day you are letting your coaches down, team down, and yourself down. Track and field athletes need to understand that event days are often all day long, which means the single most important thing they can do is pack a great cooler for the day! Not packing a cooler makes it nearly impossible to fuel or hydrate properly.

COOLER – PRE-EVENT CARBS

Pre-event Options to Top off Fuel Tank!

- Bagel bites
- Goldfish
- Dried Fruit
- Pretzels
- Banana
- GoGo squeeze applesauce
- Orange slices
- Red/green grapes
- Watermelon
- Fig Newtons
- Animal Crackers
- Popcorn
- Energy chews and energy gels
- Peanut butter and jelly
- Pineapple with cottage cheese
- Cereal with low fat milk
- Sports drinks containing a 6% carbohydrate solution
- Water, Water, Water

COOLER – IN-BETWEEN-EVENTS SNACKS

Great options for >2 hours in between events. These snacks contain protein to help with muscle repair and to keep you feeling full AND carbohydrates to replenish glycogen stores and refuel muscles.

- String cheese
- Greek yogurt with granola
- Peanut butter and jelly
- Beef jerky
- Hard boiled egg
- Turkey and cheese wrap or sandwich
- Graham crackers and peanut butter
- Special K cereal with low fat milk
- Pita chips and hummus
- Apple slices

COOLER – POST-EVENT RECOVERY

Recovery Options after Events

- Gatorade recovery bar
- Low fat chocolate milk
- Banana with peanut butter
- Clif Builder bar and piece of fruit
- Greek yogurt with granola
- Shamrock farms Rockin Protein Recovery
- Orgain nutritional shake
- Beef jerky and banana

If you want to be an elite athlete you have to take recovery seriously and take care of your body.