

# PRE-GAME FUELLING



**Would you try to drive your car with no fuel? Let's hope not.. Similarly, it is important to start games well fuelled. This includes consuming adequate amounts of carbohydrate to ensure muscle glycogen (stored energy) levels are topped up to fuel fast sprints and assist in training, performance and recovery.**

What you eat prior to a match or training will depend on how early you eat before. Pre-game fuelling should be carbohydrate focused. Some examples include:

## <30 MINS PRIOR

- Banana
- Grapes
- Lollies
- Dried fruit
- Juice



## 1-2 HOURS PRIOR

- Muesli bar
- Piece of fruit
- Low fibre cereal (e.g. cornflakes)
- Fruit toast
- Toast with jam/honey
- Rice cakes & honey
- Banana bread

## 2-3 HOURS PRIOR

- Fruit smoothie on low fat milk
- PB, banana & honey on toast
- Granola, yoghurt & fruit
- Cereal, low fat milk & fruit
- Pasta with tomato based sauce
- Lean meat and salad sandwich, wrap or roll



## PRACTICAL POINTS

- Begin exercise in well hydrated state
- Be organised by having snacks on hand - if you are coming to training straight from work, fruit or muesli bars are great options as they don't require preparation

If solids don't sit well before a game, a liquid source of carbohydrates like a fruit smoothie can be a good option.

**Main goals - hydration and adequate carbohydrates**