



FUELING FOR SPEED, POWER, AND PRECISION

BASEBALL, SOFTBALL, FIELD, & SPRINTS

Training Days

- Consume 30-60g CHO 1-4 hours before practice to ensure energy stores are fueled
- Bring a simple carb snack for >60-minute practices
 - Banana, granola bar, Rice Krispy, etc
- Refuel with 0.45-0.55g CHO per pound and 0.55-0.66g protein per pound after



Game Days

- Focus on familiar carbs and lean protein
- Hydration: Drink throughout the whole day, taking sips before you're thirsty
 - Women: ~11.5 cups/day
 - Men: ~15.6 cups/day
- Consume 30-60g CHO per hour throughout activity as needed
- Fuel with carbs and protein after exercise (Same refueling as training days)
 - Ex: pasta with chicken, turkey wrap, etc
- Drink 2-3 cups per pound lost after exercise

Recovery Days

- Eat ~0.36-0.54g protein per pound body weight to promote muscle recovery and growth
 - Greek yogurt, chicken, eggs, etc
- Fuel with ~1.36-5.44g carbs per pound to replenish glycogen stores
 - oatmeal, pasta, rice, etc
- Rehydrate by taking sips of water throughout the day and drinking with each meal



Long Tournament/ Meet Days

- Utilize sports drinks that are 6-8% carb if exercise is greater than 60 minutes to replenish electrolytes and avoid dehydration
 - Ex: Gatorade and Powerade
- Snack periodically throughout the day, focusing on simple carbs and some protein
 - pretzels, turkey & cheese sticks, banana, granola bar, etc



Day in the Life

- breakfast - eggs + whole grain toast
- snack on the bus - granola bar
- closer to competition - peanut butter sandwich
- 30-60 minutes before competing - applesauce pouch
- between events/games - trail mix (dried fruit with fewer nuts), cheese stick, pretzels, etc
- after competing - chocolate milk + a banana
- dinner - pasta with meat sauce + a salad

