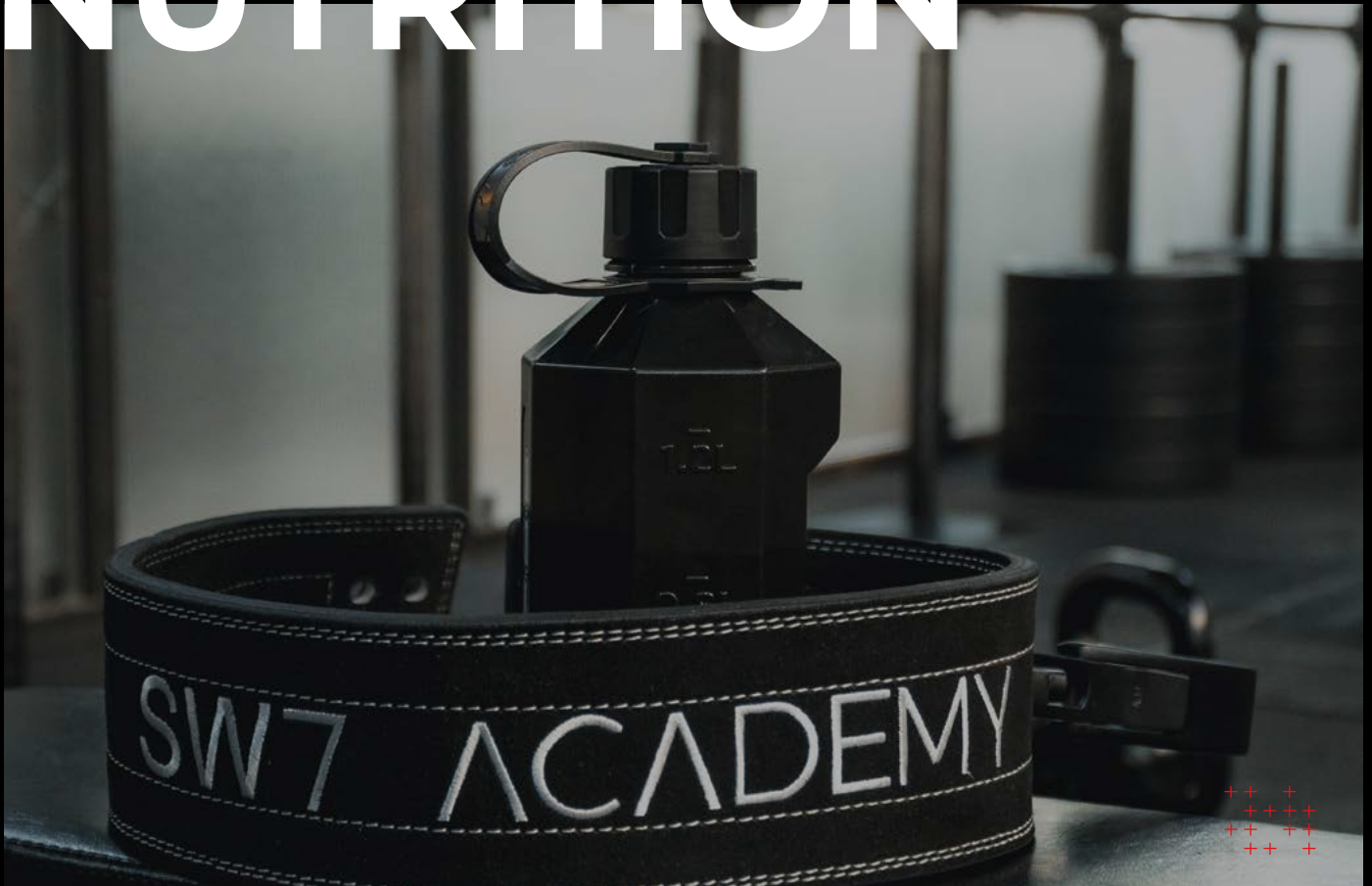


SW7 | ACADEMY

MATCH DAY NUTRITION



1. MATCH DAY -1 FUELLING
2. MATCH DAY PERFORMANCE
3. POST-MATCH RECOVERY
4. TRAVEL NUTRITION (SERVICES GUIDE)



MATCH DAY -1

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Match day nutrition starts the day before a match. You have 3 priorities:

INCREASE CARBOHYDRATES

At all meals and snacks, not just your evening meal.

HYDRATE

REST & RECOVER

Resting allows the carbohydrates we eat to be stored in our muscles for energy the next day.



CASE STUDY

Carbohydrates are an essential fuel source for intermittent based sports where there is a heavy reliance on high intensity efforts.

	HIGH CARB GROUP	LOW CARB GROUP	
PHYSIOLOGY	Number of players	5	4
	Muscle glycogen before the game	96	45
	Muscle glycogen at half time	32	6
	Muscle glycogen at end of the match	9	0
PERFORMANCE	Distance covered - 1st half	6,100m	5,600m
	Distance covered - 2nd half	5,900m	4,100m
	% walking	27	50
	% sprinting	24	15



MATCH DAY -1



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TARGET: 6g carbs per KG bodyweight

Example for an 80kg player (80kg x 6 = 480g carbs)



BREAKFAST

Beans on toast + fruit/juice
100g carbs



LUNCH

2x wraps, banana + yoghurt
100g carbs



AFTERNOON SNACK

PAS protein bar, isotonic drink +
apple
70g carbs



DINNER OPTION 1

Spag bol with 150g (uncooked
weight) pasta)
100g carbs



DINNER OPTION 2

2x chicken burgers in a bread
roll + 100g sweet pot. fries
100g carbs



DESERT / EVENING SNACK

3x buttermilk pancakes topped with
berries, greek yoghurt + honey
110g carbs



MATCH DAY



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MATCH DAY BREAKFAST

Usual eggs on toast & baked beans plus fruit / fruit juice.



Not hungry?

Blend a fruit smoothie with milk, oats and honey and drink throughout the morning

Early KO?

Breakfast will be your pre-match meal

PRE-MATCH MEAL

Light pre-match meal 3 hours before warm up e.g. wraps, giving you enough time to digest and not get stomach cramps



This is to top-up energy stores - not load - and keep you from feeling hungry

Afternoon / Evening KO?

Light meal 3 hours before warm-up

SUPPLEMENTS

18+ year olds can have caffeine (gels / Game Ready) 30 minutes before KO, but you must try them in training first to assess tolerance.



Match day isn't the time to find out something doesn't agree with you!



MATCH DAY - DURING THE GAME



HYDRATE AT ALL WATER BREAKS



- Dehydrated = you will fatigue quicker
- Sports drinks are best as they give you an energy boost and help reduce cramps
- More sweating = more fluids needed!

Struggling to drink?

1. Take in your sports drink
2. Swill it like mouthwash
3. Spit it back out

Receptors in your brain sense the carbs, giving you a short-term energy boost.

HALF-TIME

HYDRATION & CARBS

We can use up to 50% of our glycogen (energy) stores by half time - especially in the muscle fibres involved in high intensity running (AKA movements that WIN the game)

This means if we don't have carbs here we go into the 2nd half fatigued - this can be the difference between winning & losing a match

Tip: Fluids + 60g carbs

- Sports drinks contain 30g carbs
- Haribo, bananas and gels each contains around 30g carbs





MATCH DAY - POST-MATCH RECOVERY



The first 4 hours post match is the key recovery window

ASAP - Protein shake + carbs



- PAS RGF protein, carbs and fluids to repair and rehydrate
- Add extra carbs to aid refuelling (banana / haribo / museli bar / sports drink / juice)

WITHIN 3 HOURS - Refuel meal

- Choose a meat/fish topping to get extra protein in for recovery
- Large Dominoes = around 2000 calories. This is fine if you play the full game, but injured players/ subs will need to limit their intakes or body fat will increase - especially during 2-match weeks!

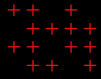
BEFORE BED - PAS Night Time Recharge 30 mins before bed



- Helps you wind down from caffeine & adrenaline
- Aids a deeper sleep for repair & recovery
- Cherry extracts help reduce muscle soreness



TRAVEL NUTRITION - BEST OPTIONS AT THE SERVICES



Travelling on match-day -1?

Remember our priority on match day -1 is increasing carbohydrate portions, and we still need a protein source at all meals.

SNACKS

You will usually be able to find most of the snacks on the previous slide at service stations, but it is better to be prepared and take things like rice cakes, cereal bars, oat pots, flapjacks, and (tested) protein bars in your bag, so you always have something on-hand should you need it. Match day is the most important day of the week, so it is important to prepare like it.

MEALS

There will be times where we have less control over meal choices when playing away matches - in this case we have to make the best choices we can with what is available to us. For example, choosing a meal deal, chicken curry or Subway at services instead of a KFC / McDonalds.

BEST CHOICES AT SERVICES

@CHANELTEAMPAS

Retailer	Item 1	Item 2	Item 3	Item 4	Item 5	Item 6
SUBWAY UpperCrust GREGGS	SANDWICHES WITH MEAT / FISH FILLING	GRENAD CARB KILLA PROTEIN BAR	POPCORN	PORRIDGE POTS	PASTA POT	
Waitrose M&S Boots	WRAPS OR SANDWICHES WITH MEAT / FISH FILLING	PASTA POT	FRUIT POTS	YOGURT & GRANOLA POTS	POPCORN	FLAPJACKS
WHSmith COSTA COFFEE	GRENAD CARB KILLA PROTEIN BAR	PORRIDGE POTS	RICE CAKES	FLAPJACKS	FRUIT	POPCORN
CHOZEN NOODLE	CHICKEN KATSU CURRY WITH RICE	TERIYAKI CHICKEN WITH RICE / NOODLES	BEEF RENDANG WITH RICE / NOODLES	CHICKEN OR SALMON ODDON		