

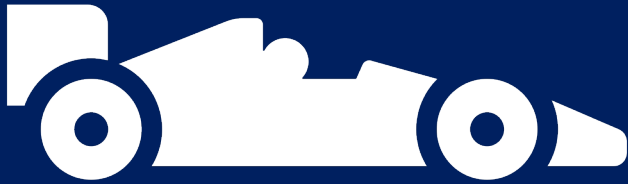
NUTRITION/FUELLING



WHY?

NUTRITION/FUELLING

'GOING FASTER'



THE RACE CAR IS SLOWING
DOWN

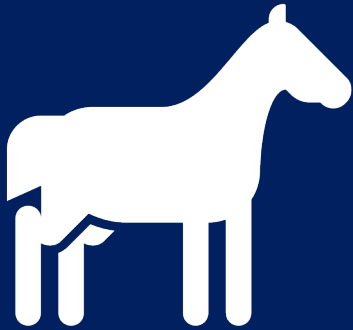


IT'S RUNNING LOW ON FUEL



IT NEEDS MORE PETROL TO
PERFORM AT ITS BEST

NUTRITION/FUELLING



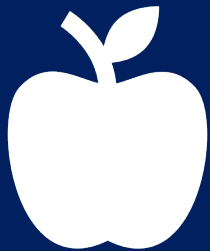
RACEHORSE



ROCKET



HUMAN



HORSE FEED



ROCKET FUEL



FOOD

'GETTING STRONGER'



YOU DO
WEIGHTS
SESSIONS
TO BUILD...



MUSCLE

MUSCLE IS
MADE UP
OF...

PROTEIN



WE GET OUR
PROTEIN
SUPPLY
FROM...



NUTRITION/FUELLING

WHEN?

NUTRITION/FUELLING

BREAKFAST

BEFORE
TRAINING

LUNCH

DINNER

2ND
BREAKFAST

SNACKS

AFTER
TRAINING

SUPPER

YOU HAVE AT LEAST 8
OPPORTUNITIES IN THE
DAY TO REFUEL.

THEY DON'T ALL HAVE TO
BE 3 COURSE MEALS.

YOU MAY FIND LITTLE
AND OFTEN AROUND 3
MEALS WORKS BEST FOR
YOU.

NUTRITION/FUELLING

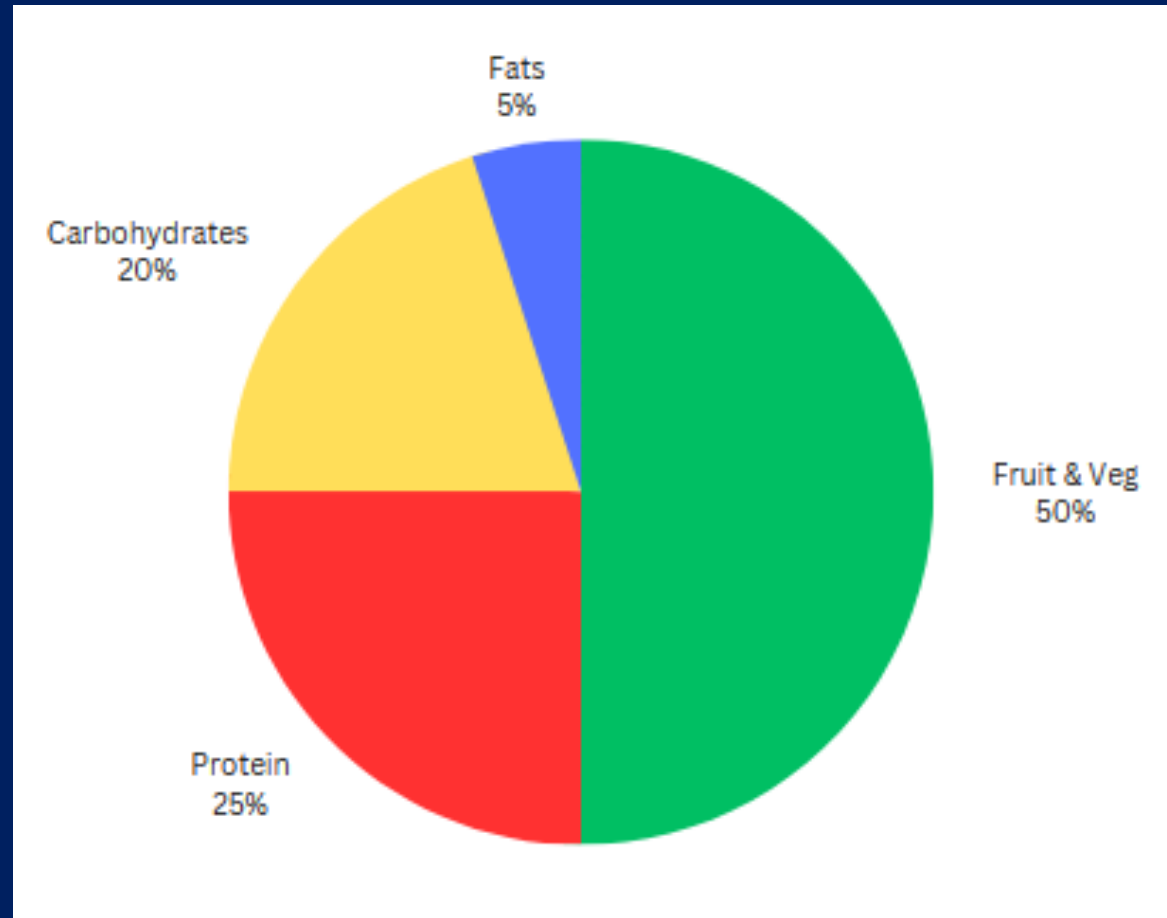
WHAT?

EAT A VARIETY OF . . .



COLOUR

NUTRITION/FUELLING



NUTRITION/FUELLING

FRUIT & VEG	PROTEIN	CARBOHYDRATE	FAT
APPLES	CHICKEN	PASTA	AVOCADO
CARROTS	FISH	RICE	NUTS
BROCCOLI	RED MEAT	POTATO	CHEESE
BEETROOT	LENTILS	CEREAL	CHOCOLATE
CAULIFLOWER	MILK/SOYA	OATS/PORRIDGE	OILS
SWEETCORN	NATURAL YOGHURT	BREAD	SALAD DRESSINGS
BANANAS	EGGS	SUGAR	

NUTRITION/FUELLING

IDEAS FOR AROUND TRAINING AND RACING...





Laura Weightman

Double Olympian

Multiple European and
Commonwealth medallist

3rd fastest British Female over
1500m

How do you consistently manage to fuel your training so well?

I think it's being consciously aware of *needing* to fuel. I get up and have breakfast because I know I've got a training session in the morning. I know that I might feel sick after pushing myself so hard, so *I'll always have a recovery shake in my bag* that gives me the immediate energy I need.

Then I'll have a lunch prepared that I enjoy. When you do a hard session your appetite might be suppressed, but *you've worked hard and you need to eat*. As long as there are some calories, carbs and protein in there, it doesn't matter what it is.

I'm very organised, especially in high-stress times like race season or when I'm travelling. I do a weekly shop: I write down a list of meal ideas for the week, so I have the right ingredients in. *I have food that I enjoy*, and if I can't be bothered to cook, I'll always have easy meals like beans and bagels. I'm not afraid of getting a takeaway! It's about keeping it really simple – *and always having a snack in your bag*.

How have you avoided the pressure of comparing yourself to other athletes?

It's about understanding that your body is **unique**. You should be proud of the body you have and what that body can do.

It blows my mind that a girl from the North East of England can run 5k in 14:35! I've been to the Olympic Games, I've got these medals sitting in my flat and I'm so proud of that. They will forever be some of the best moments of my life and the body that I was given can do that.

I want to pass that message on to others: **your body can do anything that you want it to do, but you have to respect it and put your health first.**

Your body is not the same as the next athlete on the start line. We are all built differently. We all have different genetics, and if you respect your body, get to know it, train in a way it will respond to, you will have incredible results.