



Comet Clinic

Nutrition for Track & Field

- ✓ **Always** practice pre-game nutrition prior to competition.
- ✓ **Always** practice proper recovery nutrition within 30 minutes of a high intensity workout (or meet).
- ✓ Look for a 3:1 carbohydrate to protein ratio for the best recovery fuel.
- ✓ If you do not feel like you can eat food immediately after a meet, try liquid fuel replacement. (Must contain at least 10g protein).
- ✓ Never try to change your body weight when you are in season.
- ✓ Hydrate! Water before practice + electrolyte replacement after 60 min of continuous activity or 45 minutes in the heat.
- ✓ Weigh yourself before and after practice. For every lb lost, replace with 16-24 oz fluid.
- ✓ Cramps? Hydrating with water can only take you so far. Be sure to consume a salty snack prior to intense physical activity, especially in the summer.
- ✓ Supplementation is not necessary with a balanced diet.
- ✓ Vitamin and mineral supplementation will only improve performance if there is a deficiency.

Kylene Guerra, MS, RD, CSSD, LD
Sports Dietitian

kylene.guerra@gmail.com