

Schools Triathlon Challenge'16



Why are they important?

Carbohydrates

Most effectively used by the body within 60-90 minutes after exercise.

Carbohydrates are needed to replace all the energy you have used during training or events. Muscle use carbohydrates as fuel to move like petrol in a car!

Examples- wholemeal and wholegrain bread and wraps, rice, pasta, high fibre cereals, fruit, milk, yoghurt, grainy crackers.

Protein

Protein is used for muscle repair. As you exercise tiny muscle fibres can be damaged from the high intensity. The protein is used as the building blocks for your muscles.

Examples- beef, pork, lamb, chicken, fish, eggs, lentils and legumes, nuts, tofu

Fat

Fat is important for maintaining your weight.

If you find that you are losing weight due to increased physical activity and you do not want to lose weight then increasing your healthy fat intake is a good idea.

Examples- avocado, nuts, peanut butter, seeds, salmon and tuna, oil and margarine

Rest

Along with good nutrition, sleep and rest days are needed for your muscles to utilise all the nutrients.

Rest days are not days that you sit around all day; rather they are days you chose to do lower impact activity or a different type of activity which uses different muscles.

Example- go for a bush walk instead of sprint training or swimming instead of a basketball game or if you are really tired keep it simple with normal day to day activities. Just remember to keep moving!

Fluid

Fluid is used to replace the fluid that you lost during activity. You lose fluid through sweat and breathing.

For ultimate rehydration after a long (over 60 minutes) intense event, fluid is most effective if it contains electrolytes. Electrolytes are lost in our sweat. Milk contains all the electrolytes an athlete needs to recover.

Example- water, milk, broth soups

