



Football Prescription

The nature of football requires athletes to be mentally tough, physically fit, and well-fueled. Long seasons and high-intensity training put increased physical demands on athletes. Establishing healthy habits in the pre-season to carry into the season will ultimately support longevity.

PRE SEASON AND TRAINING CAMP

June - July

Athletes are often looking for new strategies to improve their performance. Pre-season is the perfect time to experiment with foods, timing, and supplements. This time is good for making changes and building habits to maintain in the season.

Common themes among football athletes are maximizing recovery between training and modifying or maintaining body composition. Recovery nutrition focuses on two nutrients, protein and carbohydrates. Protein helps repair and rebuild muscles, and carbohydrates provide energy for the body. Having antioxidant-rich foods also fights damage from exercise-induced oxidative stress.

Keeping energy levels high is another area to build on for athletes. Similar to how we train muscles, we can train our stomachs to tolerate foods at certain times. Some individuals choose to exercise in a fasted state during early morning workouts. However, this approach limits the body's ability to perform. For early morning workouts, consider eating simple carbohydrates 30 minutes beforehand. These include bananas, sports drinks, pretzels, and white bread. Building tolerance involves trying foods that will be easy on the stomach and provide energy.

Experimenting with supplements is common during pre-season. Whether an athlete is looking for a new recovery supplement, electrolyte, or pre workout, it is good to try different options to see what works best.

When trialing pre workouts, consider individual caffeine tolerance and dosages in products. 2before offers caffeinated and non-caffeinated blackcurrant pre workouts that easily program into daily training routines. A non-caffeinated pre workout is a good option for afternoon training so that sleep quality is not compromised.

www.2before.com

IN SEASON

August - December

When the season comes around, it's go time. The focus is to maintain and fine-tune the habits established during the pre-season. Training schedules are physically and mentally demanding on athletes. Below is a sample week in professional football.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recovery day Meetings and film	Off day	Heavy training in the weight room and on the field	Taper day/ intermediate training	Shorter day with technical skills focus	Travel day Walk through and meetings	Game day

With high stress comes an added focus on recovery modalities. From the nutrition aspect, a diet high in antioxidant-rich foods, like fruits and vegetables, will help athletes repair and refuel for training and competition. Protein is an essential nutrient for muscle maintenance and growth. Carbohydrates are necessary for providing the body with energy to recover. On top of a balanced diet, supplements like 2before's blackcurrant powder can provide added nutrients for recovery.

Athletes can use blackcurrant powder pre-training as they head onto the field or post-training in a smoothie or as a drink. Take 2before **30-60 minutes before exercise** to yield higher performance benefits.

On game days, utilize blackcurrant powder in two ways. The first way is as a pregame supplement. Athletes consume one serve, usually about 1 hour before start time. Secondly, as a postgame recovery drink to kickstart repair and immunity.

Blackcurrants are rich in anthocyanins, which protect the body from stress. These nutrients act as pro-oxidants that prime the body for training adaptations following exercise. Promoting adaptations allows athletes to train harder while still achieving a proper recovery. One serve of 2before's Blackcurrant Pre-workout contains **120 mg of blackcurrant anthocyanins**, an effective dosage to yield benefits. Additional benefits include reducing inflammation, muscle damage, and soreness and boosting the immune system.

IN SEASON

August - December

While physical activity intensity decreases in the post-season, it isn't the time to let go of habits built over the season. Off-season is the time to promote recovery, catch up on rest, and enjoy time off with family and friends. From a dietary standpoint, antioxidant-rich foods are still a focus. Maintaining healthy habits will only be a benefit for the next season.

Football seasons are long and demanding. With periodization and planning, athletes can maintain optimal health and maximize performance.

www.2before.com