

Soccer Prescription

Soccer requires a high level of endurance, strength, and agility. The sport combines long bouts of running up and down the field with short, explosive movements. Some athletes may play an entire half with minimal substitutions, increasing their energy demands. Adequate fueling and nutrition timing is crucial for improving sports performance.

FUELING FOR SOCCER

With morning lifts and practice on the field, planning nutrition around training is essential for maintaining energy levels and enhancing recovery. Soccer combines a mix of aerobic and anaerobic energy systems, meaning the primary fuel source will consist of carbohydrates during exercise.

Before any training session, aim to have approximately 30-60g of simple carbohydrates 30-60 minutes before exercise. Examples include bananas, granola bars, apple sauce, dried fruit, pretzels, and toast. These foods provide energy that is easily digested and is unlikely to upset stomachs. On top of pre-training fuel, adding supplements can provide additional benefits. Full meals should be consumed 3-4 hours before training to allow time for digestion.

2before's blackcurrant powder with caffeine is a pre workout that enhances recovery adaptations. Each packet delivers 120 mg of natural caffeine with **120 mg of blackcurrant anthocyanins**. Anthocyanins in blackcurrants act as primers for the body's immune system to tolerate stress from exercise. Rather than increasing antioxidant capacity to scavenge oxidative stress, blackcurrants improve the body's ability to adapt to training.

Incorporating blackcurrants into daily routines may help athletes recover from multiple back-to-back training sessions and games. Since blackcurrants act as a primer, consume them before exercise. Concentrations peak about 60 mins after consumption, so it is recommended to consume blackcurrants 45-60 mins before training. For afternoon and evening training or games, use the non-caffeinated blackcurrant powder without compromising sleep.

On game days, athletes can use a double dose of blackcurrants for extra energy and concentration. The effects of blackcurrants act within 30 minutes - 1 hour. A loading period is unnecessary, but it would provide more support for managing oxidative stress from training and competition.

As a primarily endurance-based sport, soccer athletes would also benefit from the vasodilatory and cognitive benefits of blackcurrants. Vasodilation allows more efficient blood flow to muscles, meaning quicker oxygen and nutrient transport and removal of waste products. Extended periods of activity would benefit from increased focus and concentration.

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Below is a fueling plan for a sample practice day.

7am	Breakfast	Oatmeal with berries, 1 slice of toast with peanut butter, 2 eggs	Carbohydrates for energy from oatmeal, berries, and toast. Peanut butter for sustained energy. Eggs provide protein.
8am	Morning lift	Water	Increase hydration
9am	Recovery	Smoothie - Fruit and juice with protein powder	Protein for muscle repair and fruit and juice for carbohydrates and antioxidants.
10:30am	Pre-practice	2 Apple sauce packets 1 packet of <u>2before Blackcurrant Pre-workout</u>	Simple carbohydrates before training and pre workout for added energy
11-1pm	Field Practice	Energy chews, as needed	Simple carbohydrates that are easily digested and provide quick energy.
1:30pm	Lunch	Roasted sweet potato, rice, mixed roasted vegetables, chicken, sauce of choice	A meal balanced with protein, carbohydrates, and fat provides nutrients for energy and recovery.
4:30pm	Afternoon snack	Ham and cheese sandwich on whole wheat bread	Snacks include protein and carbohydrates.
6:30pm	Dinner	Burrito with steak, lettuce, tomatoes, cheese, bell peppers, and rice	Same idea as lunch, a balanced meal to nourish the body.
8:30pm	Bedtime snack	Greek yogurt bowl with blueberries	High protein snacks promote muscle maintenance and minimize hunger overnight.

Soccer athletes would benefit from an antioxidant-rich diet to minimize inflammation and stress from exercise. Hydration should consist of 3-4 liters of water spread across the day and training. Eating consistent meals and incorporating carbohydrates and protein will promote energy levels and muscle health. Planning nutrition around training will ultimately set up an athlete for success.

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