

# Track and Field *Prescription*

Track and field consist of multiple events with ranging durations and intensities. Despite these differences, a consistent nutrition plan is essential for success regardless of the event. It is common for athletes to skip breakfast and consume most of their calories at the end of the day. By planning ahead and establishing fueling habits throughout the day, athletes will improve energy levels and muscle recovery to optimize performance. Whether an individual wants to alter body composition or run faster, proper nutrition is fundamental for success.

## **PRE-SEASON**

During pre-season, athletes should focus on making new habits and establishing routines. Training demands may be higher in order to promote muscular adaptations in time for the season. Poor nutrition habits hinder muscle recovery and training adaptations.

For athletes who struggle to eat breakfast or food before training, remember that you can train your stomach. Start small and simple. That may look like a banana, toast with peanut butter, or energy chews. The goal is to have something that is carbohydrate-rich and easily digested.

After establishing a pre-training food routine, looking into pre workouts can help supplement the energy from food. 2before's Blackcurrant Pre-workout acts as a **pre-recovery**, where you would consume the supplement **pre-training for the performance and recovery benefits**. Blackcurrant powder provides vasodilatory effects, meaning you get more work for less effort. More efficient blood flow transports nutrients and oxygen to working muscles faster. Especially for athletes who frequently train back-to-back days, a consistent recovery routine will help muscles adapt and get stronger after each session.

Post-training recovery focuses on protein and carbohydrates to promote muscle repair and glycogen repletion. For more endurance-based training, aim for a 4:1 carbohydrate-to-protein ratio. Strength training should follow with a 3:1 carbohydrate-to-protein ratio. An example is if you have 20g of protein, pair it with 60-80g of carbohydrates based on the training type.

Establishing fueling habits around training during the pre-season will set an athlete up to perform at a higher level during the competition season. Athletes should eat every 2-3 hours to keep energy levels high throughout the day. Food is fuel and is essential for improving sports performance.



## COMPETITION SEASON

When competition season comes around, the focus shifts to maintaining habits and optimizing recovery between meets. It is not the time for body composition changes or drastic new routines.

Fueling habits should remain similar around competition. Eating a larger snack or meal 3-4 hours before start time provides a balance of nutrients with enough time for digestion. Have a small, carbohydrate-rich snack 1-2 hours before the start will top off glycogen stores.

In addition to balanced fueling, athletes can take a double dose of 2before's Blackcurrant Pre-workout **60 minutes before competition**. Blackcurrants have the capacity to improve cognition and focus. From a recovery standpoint, blackcurrants prime the body's antioxidant defense system to handle the stressors from exercise.

Frequent travel during the season also increases inflammation in the body. Eating an antioxidant-rich diet, staying hydrated, and getting adequate sleep will help athletes minimize stress. Supplements like blackcurrant powder can also support the immune system and help it adapt to travel and exercise. Individuals can utilize 2before's non-caffeinated blackcurrant powder on travel days for extra immune support.

## OFF-SEASON

When the season ends, athletes utilize the off-season for rest and recovery. It is a time to reflect on the season and note what strategies worked and which ones need adjustment when pre-season returns. Training may still continue in the off-season but at a lower intensity. Modify portion sizes and plate composition to match energy expenditure and intensity of training sessions.

Track and field athletes need nutrition plans that provide balanced and adequate calories. When creating food routines, adding the right supplements can deliver even more benefits to sports performance. Establishing fueling habits in the pre-season will ultimately set an athlete up for success when the competition season starts.

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