

3PM - MATCH PREPERATION

**DAY
BEFORE**

EVENING MEAL

(ENSURE A HIGH CARBOHYDRATE MEAL IS EATEN THE NIGHT BEFORE)

8AM

BREAKFAST

(CEREAL & MILK, TOAST & JAM, FRUIT, YOGHURT, FRUIT JUICE, TEA/COFFEE)

10AM

SNACK

(CEREAL BAR/FRUIT/YOGHURT, FLUIDS)

10AM

FOAM ROLL / STRETCHING / NAP

(VERY LIGHT STETCH, NAP FOR 10-15MINS)

11AM

PRE-MATCH MEAL

(HIGH CARBOHYDRATE, LOW FAT/FIBRE, LOW/MOD PROTEIN, FLUIDS)

2PM

FINAL PREPERATIONS / WARM UP

(SPORTS DRINK, WATER, WINE GUMS/JELLY BEANS)

3PM

MATCH

(SPORTS DRINK, WATER)



**DRINK SMALL
AMOUNTS OF FLUID
THROUGHOUT THE
DAY & PREVIOUS DAY**

**THIS INFORMATION IS A
GENERAL GUIDE.**

**SOME PEOPLE MAY PREFER A
LARGER BREAKFAST WITH A
LIGHT SNACK CLOSER TO A
MATCH**

8PM - MATCH PREPERATION

8 AM

BREAKFAST

(CEREAL & MILK, TOAST & JAM, FRUIT, YOGHURT, FRUIT JUICE, TEA/COFFEE)

10 AM

SNACK

(CEREAL BAR/FRUIT/YOGHURT, FLUIDS)

1 PM

LUNCH

(CHICKEN/TUNA & SALAD ROLL, BEANS & TOAST, SOUP, RICE, FRUIT, FLUIDS)

3 PM

FOAM ROLL / STRETCHING / NAP

(VERY LIGHT STETCH, NAP FOR 10-15MINS)

5 PM

PRE-MATCH MEAL

(HIGH CARBOHYDRATE, LOW FAT/FIBRE, LOW/MOD PROTEIN, FLUIDS)

7 PM

FINAL PREPERATIONS / WARM UP

(SPORTS DRINK, WATER, WINE GUMS/JELLY BEANS)

8 PM

MATCH

(SPORTS DRINK, WATER)



DRINK SMALL AMOUNTS OF FLUID THROUGHOUT THE DAY

THIS INFORMATION IS A GENERAL GUIDE.
SOME PEOPLE MAY PREFER A LARGER MEAL AT LUNCH WITH A LIGHT SNACK CLOSER TO A MATCH