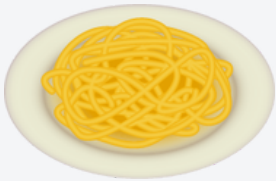


Fuelling a competition

Day before:



No need to 'carb load' unless competition duration is > 2 hr, but every meal should be high in carbohydrates



Consume carbohydrate snacks like fruit, cereal bars or toast



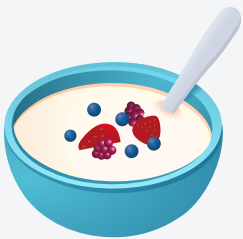
Drink fluid little and often to make sure you're hydrated



Try to stick to familiar foods, nothing new, spicy or too high in fibre

Evening meal suggestion: Chicken pasta bake with garlic bread and salad

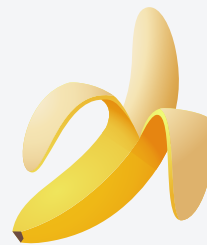
Morning of:



~3hrs before: easily digested carbohydrate meal – cereal with milk, porridge, yogurt with fruit, or toast with jam



If you're really struggling, try nutritious fluids such as breakfast drinks, smoothies or juice – something is better than nothing!



~60mins before: easily digested carbohydrate snack/drink - banana, cereal bar, or sports drink



It's a good idea to rehearse your competition meal routine in training so you know exactly what agrees with you

Pre-competition suggestion: bagel with jam, peanut butter with a banana and a glass of juice

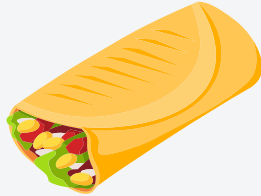
During:

Refuelling within or between matches is the key to performing repeatedly throughout the same day. Carbohydrate containing drinks and snacks will help keep your energy stores topped up.

Your choice will depend on how much time you have:



If >120 mins, have a small meal of rice/noodle/pasta-based dishes with a low-fat sauce (e.g. tomato) plus fluids



If 60-120 mins, have a more substantial snack with protein (e.g. sandwich, wrap, flavoured milk, yogurt with fruit) plus fluids



If 30-60 mins, have a small snack like a banana or a Squares bar, plus fluids.



If <30 mins, stick to fluids (e.g. sports drinks) or 4-5 jelly babies.

Remember: don't try anything new on match day!

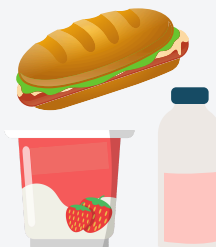
After:

Aim to have your recovery snack within 30 mins (e.g. flavoured milk, yogurts, sandwiches, smoothies) to help replenish carbohydrates, protein and fluids.

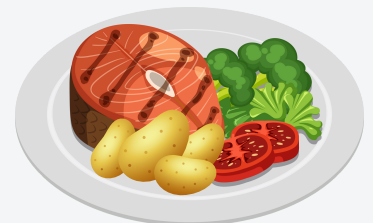
Then aim for a balanced recovery meal within 2 hours.

Plan your recovery so you can be prepared and take foods with you.

30 mins



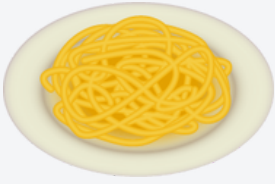
2 hrs



Final tips: Try to have a good nights sleep before, and remember to stay hydrated throughout the day!

Rhoi tanwydd mewn cystadleuaeth

Y diwrnod cynt:



Does dim angen 'llwytho carbohydradau' oni bai fod y gystadleuaeth yn para mwy na 2 awr, ond dylai pob pryd bwyd fod â lefel uchel o garbohydradau



Bwytwch fyrbrydau carbohydradau fel ffrwythau, bariau grawnfwyd neu dost.



Yfed hylifau – ychydig yn aml – i wneud yn siŵr eich bod wedi hydradu.



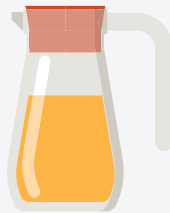
Ceisiwch gadw at fwydydd cyfarwydd, dim byd newydd, sbeislyd neu gyda gormod o ffeibr.

Awgrym ar gyfer pryd gyda'r nos: Pasta cyw iâr pob gyda bara garleg a salad

Y bore:



~3 awr cyn: pryd o garbohydradau hawdd ei dreulio – grawnfwyd gyda llaeth, uwd, iogwrt gyda ffrwythau neu dost gyda jam.



Os ydych chi'n cael anhawster, rhowch gynnig ar hylifau maethlon fel diodydd brecwast, smwddis neu sudd. Hyd yn oed os ydych chi'n nerfus, cofiwch fod rhywbeth yn well na dim byd!



~60 munud cyn: byrbryd / diod carbohydradau hawdd ei dreulio - banana, bar grawnfwyd, neu ddiod chwaraeon



Mae'n syniad da ymarfer eich trefn o ran prydau mewn cystadleuaeth yn ystod eich hyfforddiant, fel eich bod yn gwybod yn union beth sy'n cytuno â chi.

Awgrym cyn y gystadleuaeth: bagel gyda jam, menyn pysgnau gyda banana a gwydraid o sudd

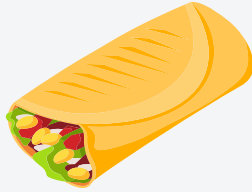
Yn ystod:

Ail-lenwi gyda thanwydd rhwng cystadlaethau yw'r allwedd i berfformio dro ar ôl tro drwy gydol yr un diwrnod. Bydd diodydd a byrbrydau sy'n cynnwys carbohydradau yn helpu i gadw'ch cronfeydd egni chi yn llawn.

Bydd eich dewis yn dibynnu ar faint o amser sydd rhwng eich cystadlaethau:



Os yw'n >120 munud, bwytwch bryd bach o reis / nwdls / pasta gyda saws braster isel (e.e. tomato) a hylifau hefyd.



Os yw'n 60 i 120 munud, bwytwch fyrbryd mwy sylweddol gyda phrotein (e.e. brechdan, bara lapio, llaeth gyda blas, iogwrt gyda ffrwythau) a hylifau hefyd.



Os yw'n 30 i 60 munud, bwytwch fyrbryd bach fel banana neu far Squares, a hylifau hefyd.



Os yw'n <30 munud, cadwch at hylifau (e.e. diodydd chwaraeon) neu 4 i 5 jelly baby.

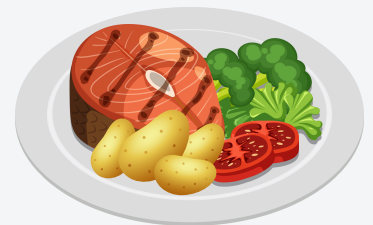
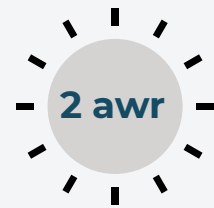
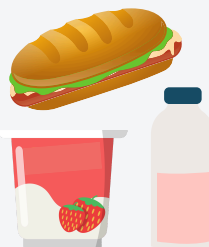
Cofiwch: peidiwch â rhoi cynnig ar unrhyw beth newydd ar ddiwrnod gêm!

Ar ôl:

Anelwch at gael eich byrbryd adferiad o fewn 30 munud (e.e. llaeth gyda blas, iogwrt, brechdanau, smwddis) i helpu i ailgyflenwi carbohydradau, protein a hylifau.

Wedyn anelu at bryd o fwyd adfer cytbwys o fewn 2 awr.

Cynlluniwch eich adferiad fel eich bod yn gallu bod yn barod ac ewch â bwydydd gyda chi.



Cyngor terfynol: Ceisiwch gael noson dda o gwsg cyn eich cystadleuaeth, a chofiwch hydradu drwy gydol y dydd!