

Nutrition & Rowing

Why it's important

- Not eating well to support the demands of rowing:
- Increases risk of injury and illness
 - Prevents you from performing your best on the water
 - Lack energy in day to day life

What? When?

Be sure to trial these strategies during training to avoid experimenting at a regatta!

Energy

Rowing is a demanding sport

Eating enough energy (kilojoules/calories) to support training, competition and recovery is imperative

Frequent meals and snacks can help meet these targets



Carbohydrates

Primary source of fuel, intake should reflect activity



Need to start with and top up stores to have energy to perform well



Two categories:

A

High fibre, lower GI
e.g. wholegrain bread, brown rice, potato

B

Low fibre, higher GI
e.g. white bread, jam, honey, lollies, sports drinks



Protein

Build and repair muscles



Intake spread through the day in 'hits' is preferred



Examples:

'Palm' size portion of meat
Canned fish
Dairy (milk, yoghurt, cheese)
Eggs
Legumes & beans



Fluid

Preferably water, but can use Hydralyte (contains electrolytes that promote absorption and fluid retention) or Sports Drinks (contain electrolytes, but also Category B carbohydrates)

Aim to be well hydrated when starting sessions

Can look at urine colour to check, should be very pale yellow



General meals

Category A carbohydrates for fuel. Adjust according to activity coming up or completed. About 1/2 of your plate on a heavy training day

Regular protein hits and plenty of fruits and vegetables to keep healthy

Consistent fluid intake

Generally, 3-4 hours before physical activity

Snacks

Important to help meet high energy demands

Include protein + colour

If physically active, add in some carbohydrates

Consistent fluid intake

Generally, 2-3 hours before physical activity

Useful for long regatta days

Top Ups

Final chance to 'top up' carbohydrate stores ~1 hour before with Category B carbohydrates for quick access to energy

Especially important for a morning session - it's been a long time since dinner!

Also useful for when there is a quick turnaround between races at regattas

During

The most convenient access to energy in form that is most easily used = carbohydrates

Appropriate for:

- During long and/or intense sessions
- In the 2nd or 3rd session for a day (camp)
- When you have <1-hour turnaround before getting back into the boat at regattas

Recovery

Refuel & Rebuild
2 - 3 'fists' carbohydrates + protein hit within 1-2 hours of finishing

Rehydrate

Check urine colour
1kg weight lost = 1.5L water to rehydrate
Use Hydralyte if required

Recharge

Do your best to get a good sleep that night

Examples

General meals & recovery

- Fruit smoothie
- Bircher muesli
- Fruit, yoghurt & cereal

- Egg and salad roll
- Tuna w/ rice & vegetables
- Sushi rolls

- Chicken pesto pasta
- Tofu stir fry
- Burrito/poke bowl
- Curry

Snacks

- Quiche/frittata
- Zucchini slice
- Homemade muffins
- Parfaits

- Yoghurt and fruit
- Rice cakes/corn thins with toppings
- Smoothies/flavoured milk

- Veggie sticks and cottage cheese
- Spinach and ricotta triangles

'Top up' before & during

- Honey/jam sandwich
- Pikelet
- English muffin/crumpet

- Fruit toast
- Muesli bar
- Dates

- Sports drink
- Piece of fruit/fruit salad

Other Tips

- Using food that is easy to transport is important for rowing. Training can often be early morning before a full day or at the end of the day, plus regattas can be very long

- Carry your drink bottle around to keep hydrated, especially in the boat

- Utilise liquids (e.g. smoothies) if solid food makes you feel unwell while rowing or you lose your appetite after exercise



alexstonedietitian@gmail.com

Alex Stone - Dietitian



alexstonedietitian