



NUTRITION PLAN FOR THROWERS

FUELING DISCUS, JAVELIN & SHOT PUT PERFORMANCE

This nutrition plan is tailored for college-level discus, javelin, and shot put throwers. It focuses on providing the necessary nutrients to support intense training, muscle growth, and recovery.

1. DAILY NUTRITION GUIDELINES

NUTRIENT / METRIC	RECOMMENDED GUIDELINES
Calories	Aim for 3,500-5,000 calories per day, depending on your body weight and training intensity. Use a macronutrient calculator for exact breakdowns.
Protein	1 gram per pound of body weight (e.g., if you weigh 200 lbs, aim for 200 grams of protein).
Carbohydrates	50-60% of total daily calories.
Fats	20-30% of total daily calories.

2. SAMPLE DAILY MEAL PLAN

MEAL	FOOD OPTIONS & SOURCES
Breakfast	Omelette with 4 eggs, spinach, tomatoes, and cheese. Oatmeal with berries, nuts, and a scoop of protein powder. Orange juice or a piece of fruit.
Mid-Morning Snack	Greek yogurt with honey and granola. Banana or apple.
Lunch	Grilled chicken breast or fish. Quinoa or brown rice. Steamed vegetables (broccoli, carrots, etc.). Avocado or a small handful of nuts.
Afternoon Snack	Protein shake with a scoop of protein powder, almond milk, and a banana. Whole grain crackers with hummus.
Dinner	Lean beef or turkey. Sweet potatoes or whole grain pasta. Mixed salad with olive oil and vinegar dressing. Steamed or roasted vegetables.
Evening Snack	Cottage cheese with pineapple or berries. Handful of almonds or walnuts.

3. HYDRATION & SUPPLEMENTS

CATEGORY	DETAILS & RECOMMENDATIONS
Hydration	Drink at least 3-4 liters of water daily. Include electrolyte drinks during and after intense training sessions.
Whey Protein	To meet daily protein requirements.
Creatine	To enhance strength and power.
Multivitamin	To cover any potential nutrient gaps.
Omega-3 Fatty Acids	For anti-inflammatory benefits.

ADDITIONAL TIPS

- Meal Prep:** Prepare meals in advance to ensure you have healthy options readily available.
- Avoid Junk Food:** Minimize consumption of processed foods, sugary snacks, and sodas.
- Balanced Diet:** Focus on whole foods, lean proteins, complex carbohydrates, and healthy fats.

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This plan should help you fuel your training and recovery effectively. Adjust portions and specific foods based on your preferences and nutritional needs. Never Stop Evolving.