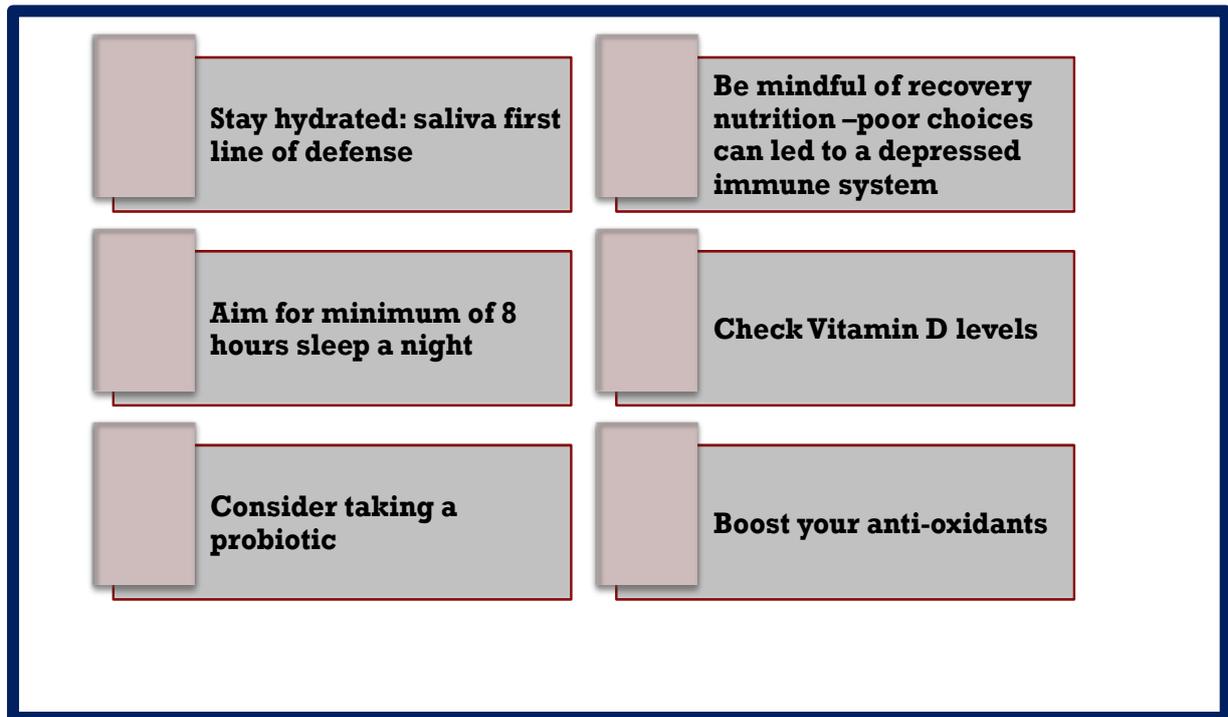


Gymnastics Nutrition Guidance



Nutrition and Immune function

Why is immune function important for athletes?:



- If serum Vitamin D is below 75 then supplement
- Take a high strength probiotic 12 weeks prior to major competition – I suggest Healthspan elite
- Hydration –saliva is your first line of defence
- Ensure minimum 7 hours sleep a night but optimal is 8 hours
- Switch off phones/lap tops etc at least 30 minutes before bed as blue light interferes with melatonin production which can disrupt sleep and lead to poor recovery.
- During a high intensity/volume training block, use cherry active to recover after high intensity sessions
- Always ensure sufficient carbohydrate throughout the day and training block, as well as after competition to prevent depression of the immune system
- Regular monitoring of Iron, Ferritin and B12, thyroid function, Vitamin D and WCC especially during high volume/intensity training blocks.
- I would recommend checking your resting HR and using this as a guage to how hard you should train. If it is 10 beats or more above your normal resting rate, this is an indication that your body is not happy – it maybe be tired, dehydrated or even a sign that you are coming down with something. It is always worth either having an additional rest day or a light training session that day.

Gymnastics Nutrition Guidance



Hydration

- On high intensity training weeks try drinking electrolytes before and after to ensure hydration; monitor your urine or weight to see hydration status. You want your urine to be to pale straw coloured.
- With weight, for every 1Kg of weight loss, you have lost 1000L fluid. So if you have lost 1Kg after training but you drank 500ml during, this means your total loss for that training session was 1.5L. You need to take on around 150% so 2L 25 over the next few hours in order to rehydrate.