



NUTRITION AND FLUID RECOMMENDATION FOR SAMBO ATHLETES DURING THE COMPETITION

Adequate caloric intake and optimal hydration are essential to provide the energy necessary for peak performance and injury prevention. An average 1.85m, 80Kg. male pentathlete will consume approximately 3000 calories during a competition day. This intake may be greater during heavy training days. No nutritional supplements are to be provided or offered by the Event Organizer to the athletes following to FIAS Anti-Doping Rules.

FLUID INTAKE

Fluid intake should average between 3 and 6 litres per athlete, depending on heat, humidity, and size of athlete. There should be unlimited amounts of fluids available. Water is the best choice for hydration. It may be supplemented with sport drinks with carbohydrate concentrations between 6–8%. Higher carbohydrate concentrations cause a slowing of absorption into the body systems thus slowing hydration.

Liquids for hydration must be located close to athletes during competition. Research and experience show that if an athlete must look for or go get fluids during competition, they will not drink properly. Drinks should be available iced as well as at room temperature.

NUTRITIONAL INTAKE

BREAKFAST

Ideally the pre-competition meal should be taken approximately 3 hours prior to competition.

A variety of foods should be available to accommodate athletes from all countries.

SUGGESTED BREAKFAST

Bagels, rolls, muffins	Fruits – bananas, apples, oranges, other fruits.
Yoghurt, low-fat and fat-free	Bread with, cream cheese, jam, and butter
Whole grain cereals with low-fat and skim milk	Eggs (boiled or scrambled)
Fruit juices, water, sport drinks	Coffee, tea

LUNCH

The lunch meal may provide the most problems for the event organisers. Not all athletes will want or need to eat at the same time during the competition. Some may want to eat following the preliminary bouts prior to the final part of the event.

It is very important that all athletes can eat lunch when necessary. This may require the availability of lunch foods at the venue by special agreement with food supplier. Areas should be set up in proximity of the competition for provide easy access for the athletes.

SUGGESTED LUNCH

Sandwiches – turkey, chicken, cheese	Yoghurt, low-fat and fat-free
Pasta salad using Italian type dressing, no mayonnaise	Fruit – bananas, apples, oranges, other fruit
Raw vegetables – carrot sticks, broccoli, tomatoes,	Water and sport drinks

SNACKS

Snacks should be ensured by each athlete individually.

SUGGESTED SNACKS

Cookies, oatmeal and other low-fat varieties	Granola bars
Fruit – bananas, apples, oranges, and other fruit choices	Water and sport drinks