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Training nights.....Your food and drink!!

REMEMBER TO

- 1. FUEL UP:** It's important that you start your training with muscles full of energy. To do this you must:-
 - Eat regularly throughout the day – have a breakfast, lunch and mid morning and mid afternoon snacks. Each of these needs to have plenty of carbohydrate to fill up your muscles.
 - Have slightly larger portions of carbohydrate at lunch than you do on non-training days AND have something extra after your sandwich or meal.
 - Have a meal/snack about 2 hours before you start training – this is essential. If you haven't time to go home and eat before training then you need to eat whilst you are travelling to training. You should never start training without having eaten.

- 2. REFUEL:** Keep topping up your energy levels during training by:-

- Having a small snack just before the start of training
- Taking a sports drink throughout your training

- 3. RECOVER:** This is essential to replace the energy you have used up during training and to help your muscles repair themselves before your next training session or match. Do this by:

- Taking 250ml – 500mls of milkshake within ½ hour of finishing training i.e. before you leave the training ground
- Having a large carbohydrate snack when you get home. Never go to bed without eating first!

Follow the suggestions on the next page.



TRAINING DAYS

BREAKFAST: Choose from the following;

- Large bowl of cereal & milk
- Toast and jam/marmalade
- Jam sandwich or a roll and banana

Take fresh fruit juice or milk to drink

Mid Morning & Afternoon Snacks: Choose from the following;

- Fruit – large banana, apple, pear, nectarines, 3-4 plums, bunch of grapes
- Cereal bar
- Flapjack or a fruit muffin
- 2-3 plain biscuits e.g. digestives, ginger nuts, hobnobs
- 4 fig rolls or garibaldi biscuits
- 2 finger kitkat
- Fruit yoghurt

Take a carton of fresh fruit juice, smoothies, milk or milkshake to drink

LUNCH: The best choices are:-

- Large baked potato with cheese or beans
- *Sandwiches, wraps or rolls with chicken, turkey, ham, egg or cheese.
- *Soup with bread or rolls
- Pasta e.g. spaghetti bolognese, macaroni cheese
- School dinner with plenty of potatoes or boiled rice e.g. chilli with rice, chicken curry with rice, mince with mashed potatoes

Have either yoghurt, fruit, scone, fairy cake, muffin, kitkat, Turkish delight or chocolate raisins afterwards.

Plus take a carton of fresh fruit juice or milk to drink

*These are good choices if you go to the shops for your lunch



PRE-TRAINING MEAL: Ideally about 2 hrs before training starts

The best choices are;

- Beans or spaghetti on toast (at least 2 slice of toast and $\frac{3}{4}$ - 1 can beans/spaghetti)
- Pasta in tomato or vegetable sauce – on its own or with cooked chicken, grilled bacon or tuna
- *Large bowl of thick soup and bread/rolls
- *1-2 bagels with peanut butter or cheese or cooked meat
- *2-4 slice sandwiches with ham, chicken, turkey, beef, egg, banana, peanut butter or cheese. Avoid those with mayonnaise
- Large bowl of breakfast cereal
- Large baked potato with baked beans
- *2 pots of Muller rice (if you're in a real rush!!) Take a large glass of fruit juice or milk with your meal!

* These are good choices if you have no time to go home before training and need to eat on the way there!

ON THE WAY TO TRAINING: Take 1-2 of the following:-

- Banana or a small tub of chopped fruit
- 3-4 jaffa cakes
- 1 cereal bar
- 4-5 Ritz biscuits
- Handful of raisins
- Pot of yoghurt, custard or rice pudding.

Have at least $\frac{1}{2}$ - 1 bottle of diluted sports drink

DURING TRAINING: Take large gulps of diluted sports drink throughout your training session. Most of you should dilute your sports drink 50:50 with water i.e. Mix 1 x 500ml bottle of sports drink with 500mls water and then pour into 2 bottles.

You should aim to drink between 300mls– 500mls of this sports drink for each hour you are training!!!

IMMEDIATELY AFTER TRAINING (within $\frac{1}{2}$ hr): Drink 500mls of milkshake e.g. Yazzoo, Frigi, Nesquick, Mars or homemade one

ONCE HOME: Eat one of the suggestions for the pre-training meal or if you prefer have a large bowl of cereal or 3-4 slices of toast and banana.

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