

FOOTBALL MARATHON

SURVIVAL GUIDE:

(1: NUTRITION)

EAT:

You need to fully fuel your body's muscles with energy which means eating the right foods!

Complex Carbs & Proteins take longer to break down so will give you sustained energy throughout the epic 12 hour day !!

You should start "Carbo-loading" a few days prior to the Marathon, so that your muscles are topped up with maximum energy to play ALL day!

Then to give you regular boosts throughout the day (especially handy for those last few games!) top up with Simple Carbs (basically sweet stuff!) Natural sugars (fruits, honey) are better than artificial sweets etc.

Eating the right foods to have energy for the day could be the difference between playing like Barca...and...not!



DRINK:

During the Football Marathon you will lose lots of fluids through sweating, so it's vital to replenish, and keep your performance the best it can be. Even if you don't think that you are thirsty; DRINK LOTS OF WATER!

Isotonic sports drinks are also a winner, since these are made to have the same salt:water concentration as your blood- which means that the fluids can diffuse in quicker. + the glucose will give you a n energy boost (You can make your own by just adding a pinch of salt to squash)

Fizzy drinks, caffeinated drinks or alcohol (however tempting they may be!) are not a good idea because they act as a diuretics; substances that make your body get rid of its water & salts (not ideal!), and will actually make you EVEN more tired!!



...AND TRY TO BE MERRY:

Keep smiling! Remember you are part of something amazing...helping Tackle Africa to achieve their incredible HIV education through football across Africa. Congratulations & Thank you!

If you'd like more information, get in touch!

becca.todd@tackleafrica.org
www.tackleafrica.org



TACKLE AFRICA

FOOTBALL MARATHON

SURVIVAL GUIDE:

(1: NUTRITION)

A ROUGH GUIDE TO: EATING IDEAS...

	FRIDAY	SATURDAY	SUNDAY
Breakfast	Cereal/Toast + juice	Egg/Bacon Sandwich Banana, Raisins, Nuts	An English Breakfast! Or Porridge/ Toast.
Snack	Fruit loaf/ Banana	Jaffa cakes/ Cereal bars/ Banana/ Protein shake	Banana / Flapjacks/ Toast
Lunch	Pasta with ham & cheese, Fruit cake	Pasta/Peanut butter sandwich, Raisins, Grapes	Peanut butter sandwich/ Pasta salad/ Jacket potato
Snack	Fruit bun/ Peanut-butter sandwich/ Fruit	Energy drinks/ Energy gels, Jelly sweets/ Jam sandwich	Milkshake/ Protein shake
Dinner	Spag-bol/ Paella/ Chili con carne/Jacket potato & beans .+ Apple crumble	*(We will STILL be playing at this time!) Pasta, Cereal bars, Banana, Jaffa cakes	Lasagne/ Sausage & Mash/ Chicken curry
Snack	Flapjacks/ Nuts	* (When we finish) Chocolate/ Energy drinks/ Protein shakes	Cake! (you've earned it!)

*It is essential to drink lots of water throughout the day to stay hydrated.

If you'd like more information, get in touch! becca.todd@tackleafrica.org; www.tackleafrica.org