

## ***The Training Diet – Week-round Recovery***

Soccer players require a high carbohydrate intake on a daily basis to replenish muscle stores after each training session.

Players who fail to consume sufficient carbohydrate may suffer mid-week slumps and progressive fatigue over the season.

Studies have reported low muscle glycogen levels in players after a match- sometimes with significant depletion occurring by half-time. Players with depleted muscle glycogen stores had a lower average speed and covered less ground than their team-mates in the second half of the match.

strategies to increase carbohydrate supplies....., keep players running faster and further in the second half..... high carbohydrate tactics helped the players to make less errors.

AIS Sports Nutrition

<http://www.ais.org.au/nutrition/FuelSoccer.htm>

## **How soccer players can overcome the second-half slump.**

**the up-to-date research suggests that soccer players should eat and drink like marathon runners!**

**research has shown that soccer players sometimes deplete 90 per cent of their muscle glycogen during a match, more than enough to heighten fatigue and dramatically reduce running speeds.**

**Glycogen-poor soccer players usually run more slowly - sometimes by as much as 50 percent - during the second halves of matches, compared to the first.**

**... low-glycogen players spend more time walking and less time sprinting as play proceeds.**

**An excellent strategy is to drink about 12-14 ounces of sports drink, which usually provides about 30 grams of carbohydrate, 10-15 minutes before a match begins. The same amount should be consumed at half-time...**

**Soccer players should also eat a small meal containing at least 600 calories of carbohydrate about two hours before competition.**

**'Grazing' - eating two to four daily high-carbohydrate snacks in addition to three regular meals - can help players carry out this high-carbo plan successfully.**

Peak Performance

<http://www.pponline.co.uk/encyc/0343.htm>