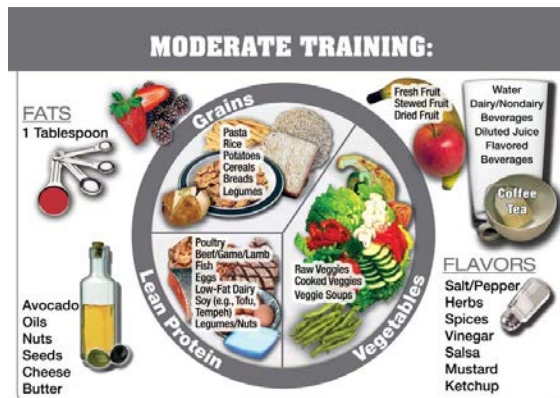


TRAINING FUEL



Training volume and intensity vary from day to day and week to week according to your training plan. You should adjust your fuel-intake according to how hard or easy your training is. As we did in the last nutrition article, [“Nutrition During the Off Season”](#) we turn again to the US Olympic Center for advice on nutrition for training.

Full article here [USOC Athlete Plates](#).

Take away points:

- For [“Easy Training”](#) (1-easy workout, off-season, or weight management), half a plate of vegetables, ¼ plate of lean protein, ¼ plate of whole grains, 1 tsp fat.
- For [“Moderate Training”](#) days (1-hard workout a day or “doubles” that consist of 1-hard workout plus a technique session; *this includes most training days*), increase your energy intake by increasing whole grains from ¼ to 1/3 of a plate. Also, increase your healthy fats from 1-teaspoon to 1-tablespoon.
- For [“Hard Training”](#) days (at least 2 hard workouts per day, *including hard “doubles” and dryland days*) or during competition, increase your energy intake from whole grains to ½ a plate and from healthy fat to 2-tablespoons.
- Lisa’s Tip. Eat slowly and savor your food. Even when you are hungry after a tough workout. Give your body time to digest and brain time to signal when your energy needs have been satisfied. This way you are more likely to get the right amount of fuel.