



FUEL LIKE A SKATER

Performance Nutrition
Workshop



AGENDA

- 1 The Foundation of Good Fueling
- 2 Common Issues With Under-fueling
- 3 Daily Fueling Needs
- 4 Training Day Fuel
- 5 Competition Day Fuel
- 6 Hydration Basics
- 7 Where To Start
- 8 Resources

FOUNDATION BASICS



CARBS



PROTEIN

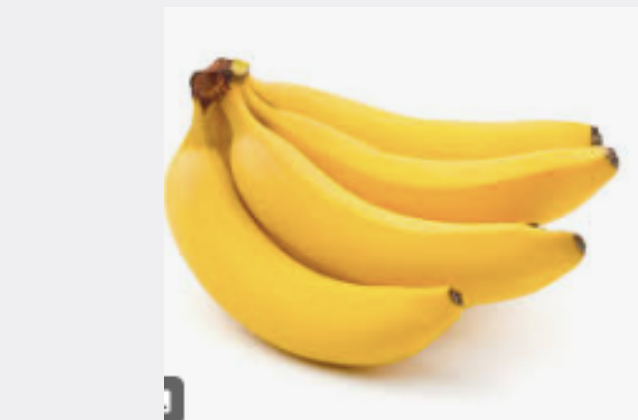
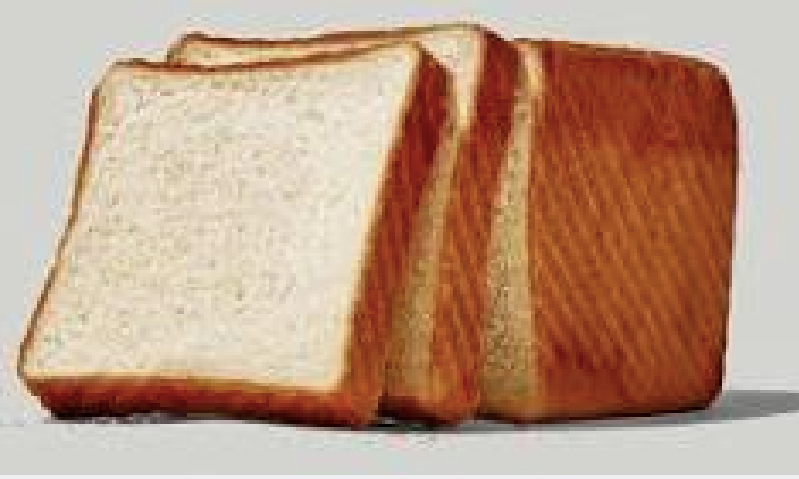


FAT



MICRONUTRIENTS





UNDER-FUELING

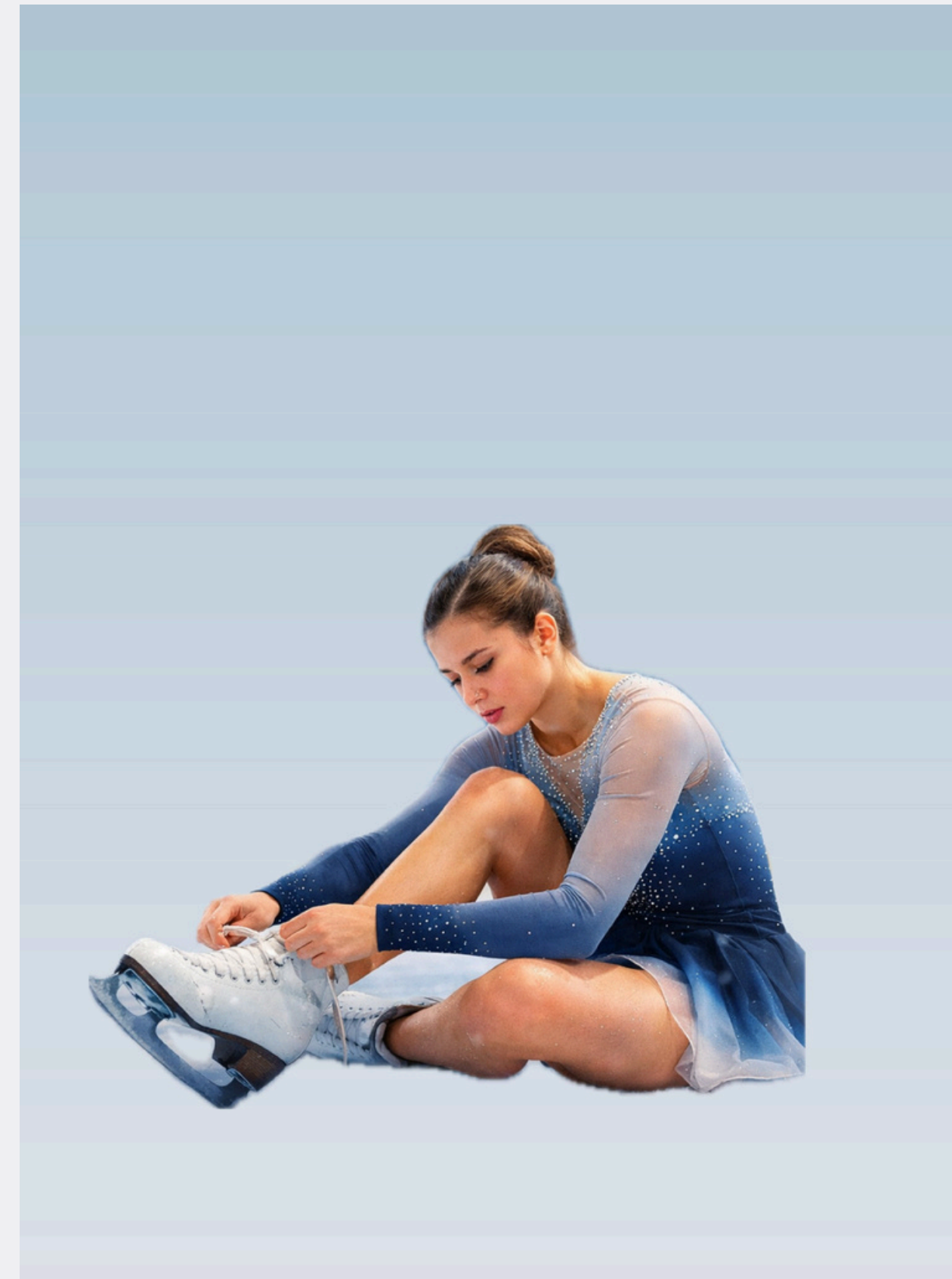


Common signs include low energy, poor recovery, frequent injuries, mood swings, hormonal imbalances, and plateaued progress.

SKIPPING MEALS AND/OR SNACKS

ONLY FUELING WHEN HUNGRY

NOT EATING ENOUGH DURING MEALTIMES



DAILY NEEDS

CARBS

4-6g/ kg of body weight.
 ex: 100 lb (45kg) skater needs at least 180g of carb per day
 *training intensity will increase this amount

FAT

0.8-1.2 g/ kg
 ex: 100lb skater who trains moderately needs between 35-45g of fat per day

PROTEIN

1.2-1.6 g/ kg
 ex: 100lb skater who trains moderately needs between 60g-70g of protein per day

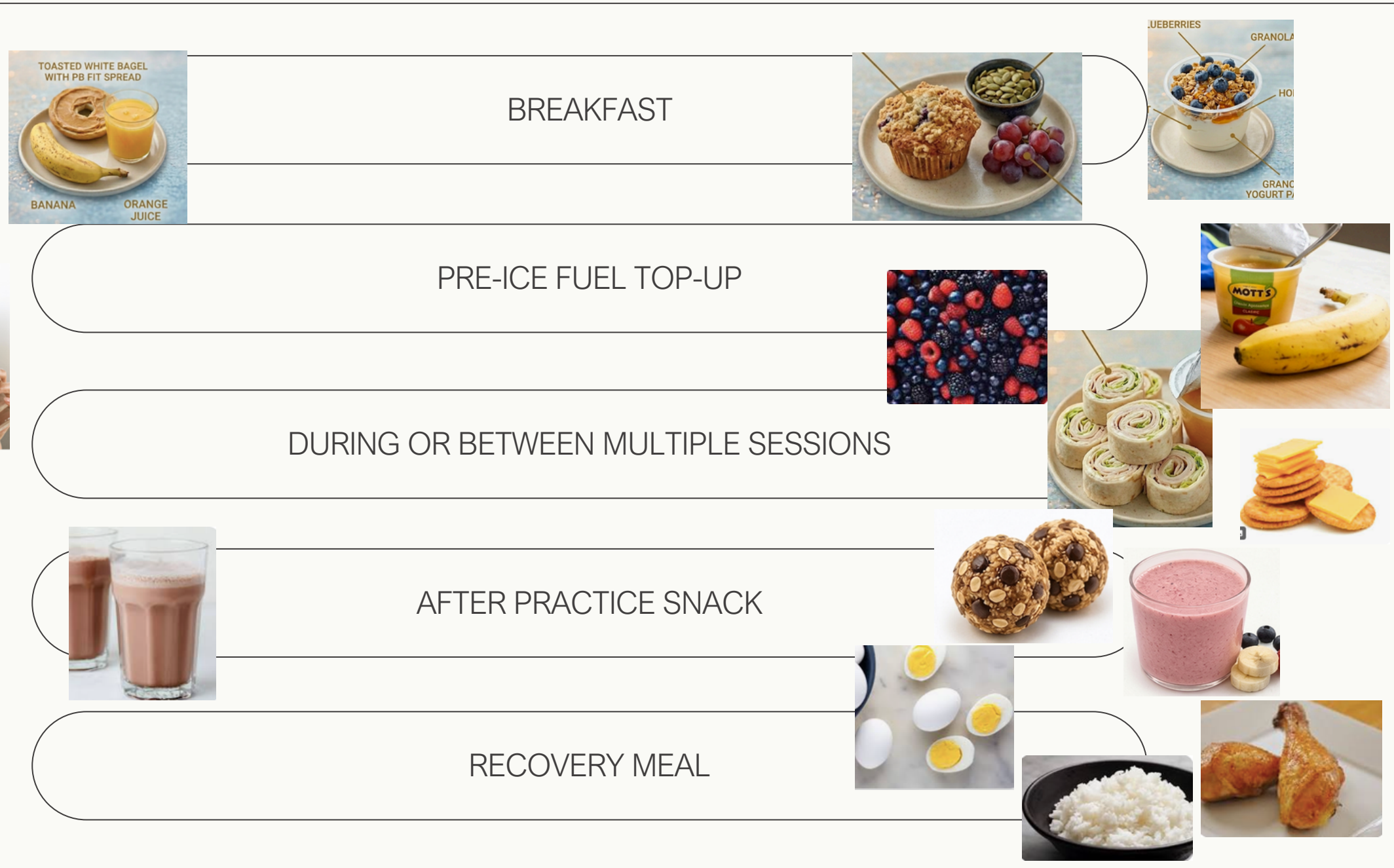
MICRONUTRIENTS

Iron, calcium, vitamin D, magnesium, vitamin C, & B vitamins

under-fueling due to body image awareness creates fatigue, dizziness, poor recovery + increased injury risk



TRAINING DAY



Competition Day Fueling

3-4 HOURS BEFORE YOUR EVENT:

This is your main pre-event meal. This sets the foundation for your performance. It should be balanced but carb-focused.

Examples:

1. Rice + chicken + small amount of veggies/ fruit
2. Oatmeal + banana + a bit of nut butter
3. Toast + eggs + fruit
4. Bagel with turkey + small yogurt + banana

20-30 MIN BEFORE YOUR EVENT:

Optional - but helpful if nerves or long wait times are involved.

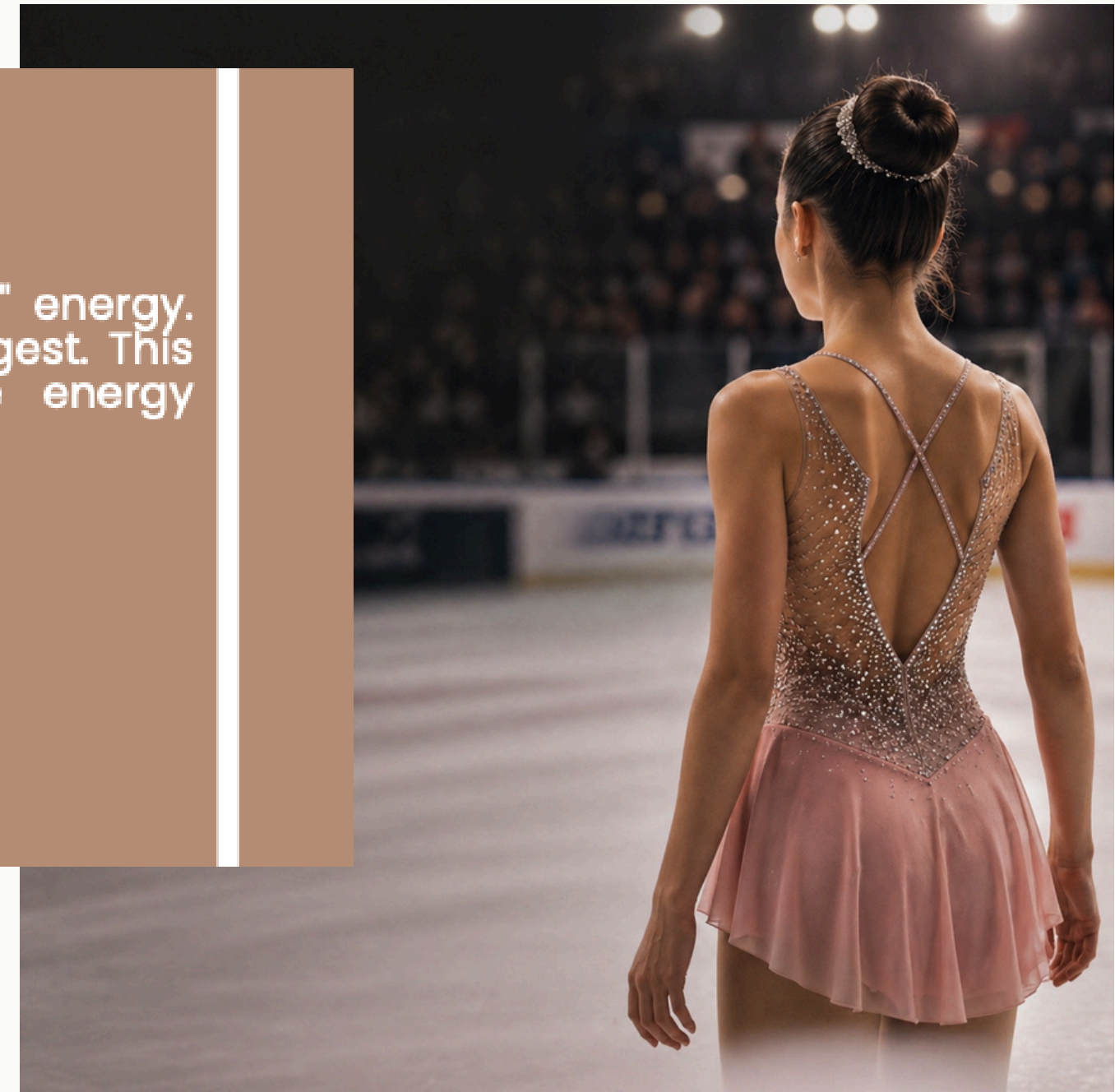
Quick carbs only:

1. applesauce pouch
2. some gummies
3. half a banana
4. dried fruit (mango, dates)
5. rice cakes + jam

1-2 HOURS BEFORE YOUR EVENT:

Here we are going to "top off" energy. Keep it lighter and easy to digest. This can prevent that mid-skate energy drop.

1. Applesauce + granola bar
2. Banana + crackers
3. Yogurt + honey
4. Rice cakes + turkey slice





- 1 Cold rink = “hidden dehydration”
- 2 cold blunts thirst
- 3 sweat hidden under layers
- 4 dry air= fluid loss through breathing
- 5 aim for ½ body weight in oz
- 6 add 12-24oz per hour of training
- 7 Sip overtime/ not all at once
- 8 Symptoms: slow reaction time, dizziness, muscle cramps



WHERE TO START?

START WITH BREAKFAST!

JOIN MY FREE NEWSLETTER "FUEL LIKE A SKATER"

BOOK A FREE CONSULT CALL WITH ME

Instagram/ tiktok: @skating_nutrition
Website: fuelyourcomeback.com
Email: team@fuelyourcomeback.com