



**Track & Field** includes several events, and so the nutritional needs of T&F athletes vary. But regardless of your event, the benefits of feeding your body well are numerous. **Good nutrition** will optimize your training program; promote consistency in performance; **enhance recovery** after workouts and events; **maintain or gain (if desired) weight**; **reduce risk of injury** and illness; and give you **confidence to face competition**.

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### Basic Nutritional Guidelines for T&F Athletes

- Eat small meals every **two to three hours**
- Meals should include **protein and complex carbohydrates**
- Stay hydrated with at least eight ounces of water per hour, depending on climate conditions (you may need more if it's hot out)
- Eat post-workout meal within 30 minutes
- Never skip meals

### Sample Track & Field Meal Plans

#### Guidelines

- Pre-workout meal = three hours before practice or competition
- Pre-workout snack = one hour before practice or competition
- Post-workout snack = within 30 minutes after practice or competition
- Post-workout meal = six hours following practice or competition

- Evening snack = Two to three hours after last meal

## Endurance Events



- Pre-workout meal: 16-20 ounces of water, lean meat on whole grain bread, fruits and nuts
- Pre-workout snack: Five to 10 ounces of water, low-fat granola bar
- During practice or competition: Six ounces of water per 20 minutes of activity; six ounces of sports drink per hour; energy liquid gel for sessions over two hours
- Post-workout snack: Fruit, granola bar, chocolate milk or yogurt
- Post-workout meal: Lean meat or grilled fish, vegetables, whole grain pasta, rice or bread
- Evening snack: Fruit, cheese slices or chocolate milk

**Endurance Nutrition Tip:** Decreasing fiber and protein intake pre-workout can help reduce stomach discomfort during long training sessions.

## Sprinters, Hurdlers, Jumpers



- Pre-workout meal: 16 ounces of milk, beans and/or lean meats on whole grain bread, fruits and nuts
- Pre-workout snack: Eight ounces of water, low-fat granola bar and fruit
- During practice or competition: Eight ounces of water per 20 minutes of activity; eight ounces of sports drink with electrolytes per hour

- Post-workout snack: Fruit, yogurt and granola bar; pretzels or bagel with peanut butter; or 16-ounce meal replacement bar with protein and carbohydrates
- Post-workout meal: Lean meat or grilled fish, vegetables and whole grain pasta, rice or bread
- Evening snack: Fruit, cheese slices or chocolate milk

**Sprint, Hurdler and Jumper Nutrition Tip:** As speed and power athletes, you need to consume adequate calories with a balance of protein, fat and carbohydrates.

### Throwers



- Pre-workout meal: 16 ounces of chocolate milk, beans and/or lean meats on whole grain bread, fruits and nuts
- Pre-workout snack: Eight ounces of milk or protein shake, granola bar or fruit
- During practice or competition: Eight ounces of water per 20 minutes of activity; eight ounces of sports drink with electrolytes per hour
- Post-workout snack: Fruit, yogurt and granola bar; pretzels or bagel with peanut butter; or 16-ounce meal replacement bar with protein and carbohydrates

- Post-workout meal: Lean meat or grilled fish, vegetables and whole grain pasta, rice or bread
- Evening snack: Fruit, cheese slices or chocolate milk

**Throwers Nutrition Tip:** Achieve weight gain by eating more breads, fruits and nuts and full-fat dairy products.

## Food Groups With Sample Choices

### **Meat, Poultry & Fish**

95 percent Lean Ground Beef, 95 percent Lean Ham, 95 percent Lean Ground Turkey, Boneless Chicken Breasts, Turkey Breasts, Lean Sliced Turkey Breast, Lean Sliced Roast Beef, Tuna in Water

### **Bread, Cereal, Rice, Pasta**

Multi-Grain Bread, Oatmeal, Pita Bread, Spaghetti Noodles, Whole Grain Cereal, Whole Wheat Bread, Low-Fat Granola Bars, Whole Grain Bagels

### **Beans, Nuts**

Baked Beans, Black Beans, Pinto Beans, Chopped Walnuts, Unsalted Roasted Peanuts

### **Dairy**

Whole Eggs, Egg Whites, Egg Beaters, Skim Milk, Low-Fat Yogurt, Low-Fat String Cheese, One-Percent Cottage Cheese

### **Vegetables**

Asparagus, Broccoli, Carrots, Celery, Green Beans, Peppers (all colors), Mushrooms, Russet Potatoes (with skin), Spinach, String Beans, Sweet Corn, Sweet Potatoes, Tomatoes

### **Fruits**

Apples, Bananas, Cantaloupe, Grapefruit, Grapes, Oranges, Peaches, Pears, Pineapple, Raisins, Watermelon

Key Information taken from <https://www.stack.com/a/track-field-nutrition>