

ROWER'S NUTRITION

(excerpted from SC Crew Handbook)

Every Day Nutrition:

Diet is an important part of an athlete's daily life.

- Diet should be high in protein and carbohydrates, including lots of fruit, vegetables, white meats (chicken and fish) and complex carbohydrates like pasta, potatoes, and rice (whole grains being the best choice).
- Diet should be low in sugar since that tends to lower the body's tolerance for pain and doesn't provide the long-term energy supply needed for endurance workouts.
- Carbohydrate loading is not necessary since its effectiveness is only for a short time before a race. Maintaining a steady supply of carbohydrates during the entire week throughout the rowing season is more effective.
- Avoid heavy, greasy foods; sugar and caffeinated drinks the night before a race.
- Do not fill up on food with a high fat content like beef, cheese, milk, etc. as these take a longer time for the body to break down into fuel.
- Make smart choices and eat what you know your body handles easily. The night before a race is not the time to introduce your body to a new food.
- Make sure you are fully hydrated - Drink plenty of water!

Race Day Nutrition:

Nutrition on race day is especially important to the rower's performance.

- Rowers should be awake and active at least 3 hours before their race, so the body is prepared for the demands that will be placed on it.
- Eat a high fiber breakfast of whole wheat toast or bagel, juice, pancakes, waffles or oatmeal.
- Oatmeal is one of the best pre race meals a rower can eat.
- Avoid greasy foods, sugared cereals, and dairy products.
- Drink plenty of water!