

WHEN AND WHAT SHOULD WE EAT FOR MATCH DAY?



THE NIGHT BEFORE GAME DAY

The increase of carbohydrates should occur the evening before match day, especially if the game is an early kick-off!



THE MORNING OF THE GAME

Breakfast is one the most important meals to start topping up fuel stores, especially if the match is an early kick-off (sometimes this may be your only meal to maximise fuel stores!). Use breakfast wisely, by maximising on carbs for game day.



THE PRE-MATCH MEAL

If kick-off is after 1300 hrs, a 2-feed strategy is recommended. This is usually a combination of breakfast, and meal approx. 3-4 hrs before kick-off. If kick-off is after 1700 hrs, a 3-feed strategy is implemented. The main aim of these meals is to continue topping up fuel stores.

