

Goal: Design a personal 'Go to Nutrition Plan' that works on and off the court.

Successful tennis performance on the court:

Nutrition is key and timing is everything.

Before

Eat 2-3 hrs. before practice or participating in a tournament. Aim for 100 grams of carbohydrates, 15 to 20 grams of protein, 10 to 20 grams of fat, and 20 ounces of liquid (preferably water). One hour before, athletes should swig another 20 ounces of liquid and consume 30-50 grams of carbohydrates.

Breaking that down: Eat a banana/cliff bar & drink water one hour before tennis. That gives your body a little time to digest your food.

Eat one additional carbohydrate serving per meal— such as a small piece of fruit, a slice of bread, or a half-cup of rice— starting *three days before an event*. "Small amounts of carbohydrates act like a safety net in the gut, helping the muscles store more glycogen and hold onto liquid better. Two to one night before an event, add a bonus carbohydrate— such as a bowl of cereal or a yogurt parfait.

Action: Experiment before each practice what type of fuel works for you. Real food trumps power bars every time. **Water is your friend.** Elite brand drops and Nuun brand tablets are my favorite form of electrolyte additives in your water bottle. Elite drops are colorless & flavorless. Nuun tablets come many all flavors.

During

The first hour of the event, athletes should stick with water. How much you'll need varies.

After that first hour (tournament time), the focus should **switch to carbohydrates**, but how much again depends on individual needs. Generally athletes require anywhere from 30 to 90 grams of carbohydrates per hour (most are at the lower end of this spectrum). Whether that comes via sports drinks or gels is up to the athlete.

Action: Bring a water bottle full of water & drink it. Refill it. You can also look for low sugar sports drinks. Experiment with different flavors.

Advanced step: Gels come in many flavors. They are the fastest for of immediate usable fuel. Take in small amounts. Can be added to your water bottle.

After

Within the first 15 to 30 minutes of finishing your event, consume a recovery snack with about 50 grams of carbohydrates and 12 to 15 grams of protein. Good choices include **chocolate milk, yogurt, banana or a bowl of cereal**. Also, focus on rehydrating throughout the day, consuming 24 ounces of liquid per pound of body weight lost.

Action: Try a different type of recovery snack after each practice. Repeat and see what works well with your taste buds.

Hydration How much & what kind?

See Water attachment.

Bananas Why?

See Banana attachment.