

Squash

Fuel your body



Squash matches are fast-paced and demand lots of energy to ensure you perform at your best. Sometimes, training can be even harder!

For active juniors, learning to fuel your body during your early career can assist with training your muscles to perform at their best, supporting your long-term sporting goals.

Learn how to fuel your body so that you don't run out of energy or lose concentration before the next game ends!



MAIN MEALS

Having energy for training or a match starts as early as dinner the night before! Meals in the lead up to your match should include vegies and a source of protein (such as lean meat, eggs, or alternatives), as well as plenty of foods like wholemeal bread, pasta, rice, or potatoes, which provide long-lasting energy.

SNACKS

Throughout the day, have plenty of snacks like fruit, vegie sticks with dip, yoghurt, or cheese and crackers to keep your tank topped up.

One or two hours before training or a match, have a snack to get your muscles ready to go! This could be English muffins, crumpets or pikelets, with peanut butter or a small amount of vegemite, jam or honey. If food doesn't sit well in your stomach before a match, try a fruit smoothie or small flavoured milk instead!

HYDRATION

Squash courts can get very hot and humid by the end of a match, so staying hydrated is crucial to avoid losing concentration or co-ordination!

This means regularly sipping on water during the day before training or a match, at every break during a match, and after a match too!

RECIPES

fueltogo.com.au/recipes/

Check out a range of fuelling recipes on our website!

TOP TIPS!

1. **Be hydrated** - sip on water throughout the day and during training & matches.
2. **Find your fuelling regime** - use training days to find your favourite fuelling foods. Don't try new foods on match day!
3. **Recovery** - what you eat AFTER training or a match is important for backing up your performance.

Putting it all together



This is a generalised fuelling and recovery information sheet.
For personalised sports nutrition advice seek an Accredited Sports Dietitian.