

WRESTLING NUTRITION



Why?

Nutrition brings you a performance "EDGE," fueling the body to maximize training, recovery and weight management to **WIN!**

How?

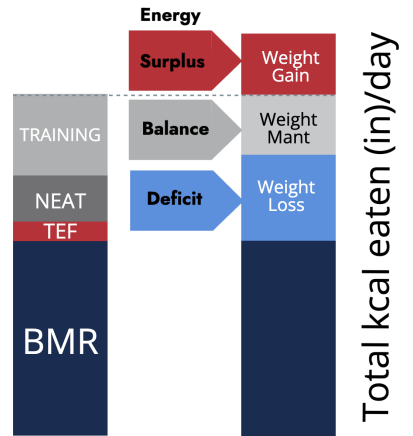
Match Energy **Intake** (IN) with Energy **Needs** &/or **Goals** (OUT)

- Training Load & Volume
- Weight Goals

Top wrestlers - fuel to **WIN**, consistently!

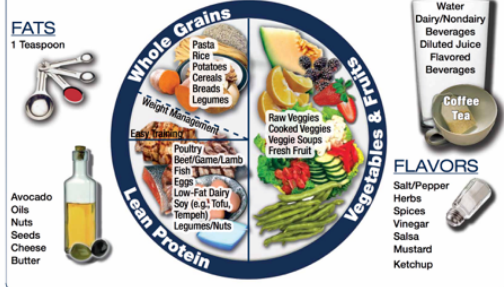


Total kcal used (out)/day



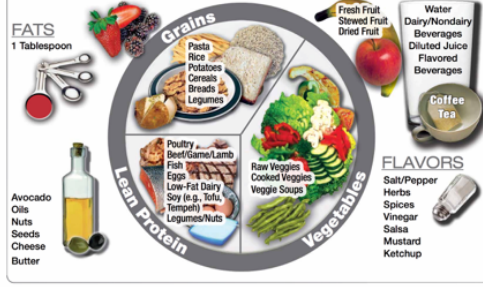
FUEL TO FIGHT (Nutrition Periodization)

EASY TRAINING/WT LOSS



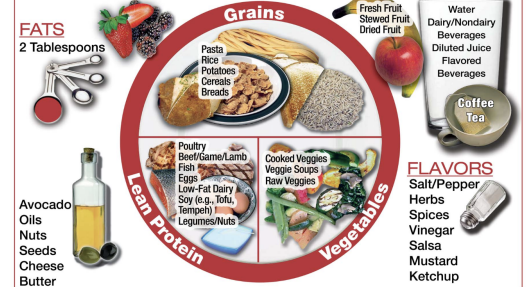
Light Training
Active Recovery
Rest Day
Weight Descent

MOD-TRAIN/WT MAINTENANCE



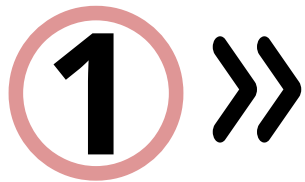
Moderate Training
2-a-Days - Low Intensity
Weight Maintenance

HARD TRAIN/WT GAIN



High Load & Volume Training
2-a-Days - High Intensity/Camps
Post Weigh-Ins
Weight Gain

NUTRITION 1-2-3 COMBO



1 Carbohydrate

#1 wrestling fuel!
Brings max power & speed. Need for brain/cognitive performance.

Rice, Sweet/Potato, Quinoa, Winter Squash, Pasta, Corn, Bread, Beans*, Oatmeal, Breakfast Cereals, Granola, Fruits, Honey, Yogurt*, Milk*

* Carbs & Protein



2 Protein

Builds and repairs muscles & soft tissues. Important for immune cells

Chicken, Beef, Pork, Lamb, Game, Fish, Egg, Beans, Milk, Yogurt, Cottage/Cheese, Nuts**, Tofu, Soy Products

**Fats & Protein



3 Fruit & Vege

Vitamins & minerals, Anti-oxidants. Natural anti-inflammatory, recovery & immunity

Fruits & Veges - Leafy Greens, Groccoli, Kiwi, Grapes, Cauliflower, Onion, Banana, Tomatoes, Berries, Citrus, Mango, Carrot, Bell Peppers, Zucchini, etc.

OVERCOMING CHALLENGES



WEIGHT vs PERFORMANCE

Nutrition Periodization Eat to Fight!

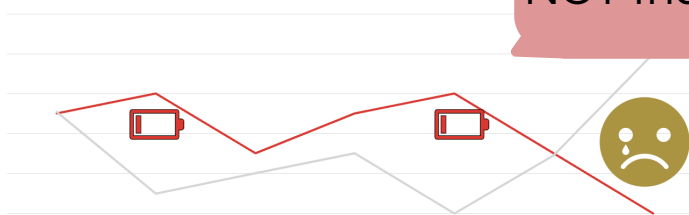


Do this!

Consequences of Low Energy Availability:

- Low energy & stamina; early fatigue ("gassing out")
- Less speed & power
- Muscle loss
- Delayed recovery
- Supressed metabolic rate - harder to make weight over the years
- Poor concentration, focus
- Less motivation
- Hormonal imbalance - menstrual cycle
- Impaired growth
- Muscle cramps
- Increase injury risk
- Decreased performance
- Sleep disturbances
- Gut intolerance of post weigh-in fuel
- Under-perform at competitions

Bad Descent Plan...Chronically Under-fueling



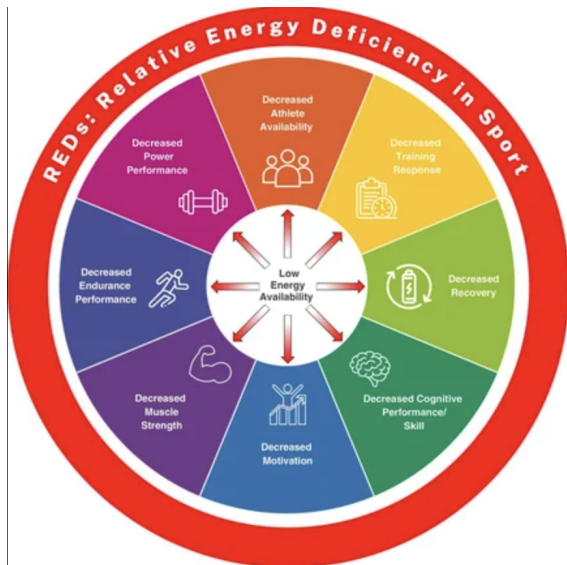
NOT that!

Coache's Checklist:

- Is weight management becoming main focus over wrestling?
- Less motivation/energy?
- Growing out of weight class?
- Re-occurring injuries?



Energy Deficient



GIRL POWER!

Having **menstrual cycle** is a PERFORMANCE EDGE!

- Signs of proprt fueling
- Better powder generation
- Muscle repair and growth
- Reduced muscle damage after intense exercise
- Decrease injury risk

Tips:

- TRACK your cycle!
 - apps, journal, wearables
- Know how your body reacts:
 - Cravins?
 - Mood swings?
 - Energy changes?
- Yes, water retention happens, but it's OK!
- Know when cycle/water retention happens
- Adjust descent plan based on cycle schedule
 - Start early?
 - Sodium intake
 - Symptom management



Weight = DATA POINTS!
Scale = Tool, NOT enemy

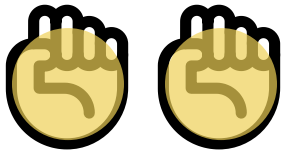
- Nothign more, nothing less
- Standarize - morning weight, after bathroom, similar closing
- Know that it would fluctuate slightly day to day
- Adjust plan - training and nutrtn

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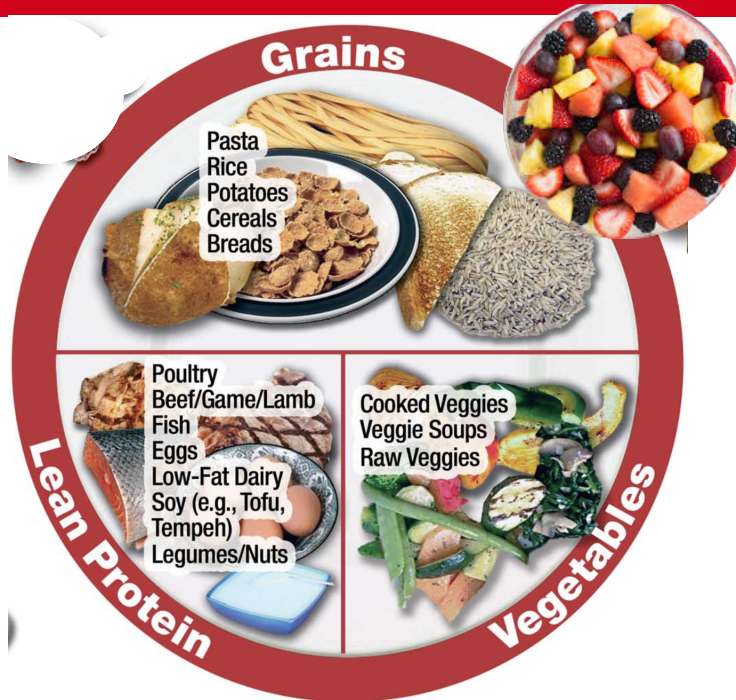


HARD TRAINING/WT GAIN

Grain/Starches
2 fist



Proteins
Palm size



Fruit & Vege
Rest of the Plate

Pro-Tip = Hit
Multiple Colors

Breakfast Examples

- Oatmeal & Honey & PB
- Milk/Yogurt Drink
- Fruit
- Fruit Juice



Lunch Examples

- Turkey Sub
- Yogurt + granola
- Fruit



Dinner Examples

- Grilled Salmon Bowl
- Rice
- Chopped vege
- Fruit



- Omelet w/ Spinach & Bell Pepper
- Toast & Jelly
- Fruit
- Fruit Juice



- Grilled Chicken Wrap + Rice/Beans
- Hummus & Crackers
- Fruit
- Smoothie



- Lean Steak
- Baked Sweet/Potato
- Asparagus
- Yogurt + granola
- Fruit



- PB&J
- Yogurt + Honey
- Fruit
- Fruit Juice



- Spaghetti & Meat Sauce
- Broccoli
- Fruit
- Choc milk



- Teriyaki Chicken
- Rice
- Stir-Fried vege
- Fruit



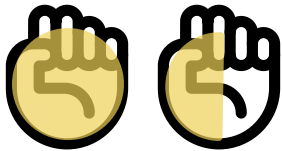
WRESTLING NUTRITION



MOD TRAINING/WT MAINT

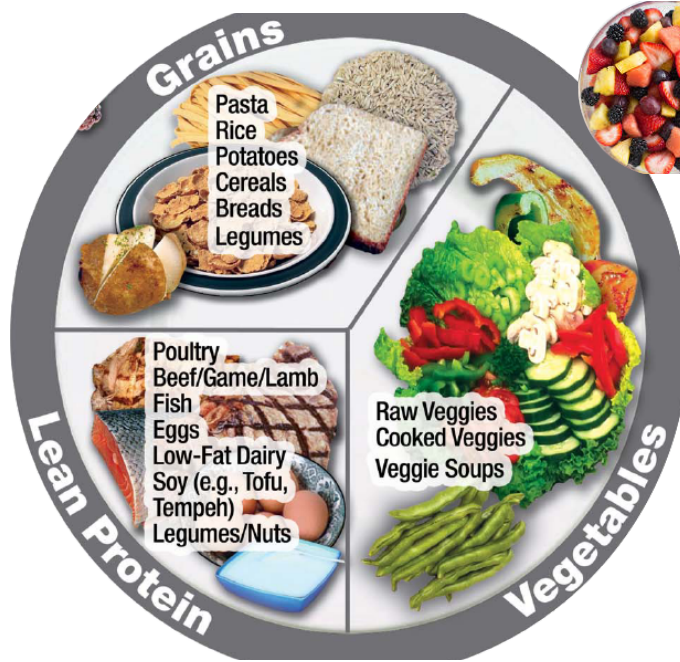
Grain/Starches

1.5 fist



Proteins

Palm size



Fruit & Vege

Rest of the Plate

Pro-Tip = Hit Multiple Colors

Breakfast Examples

- Oatmeal & Honey
- Milk/Yogurt Drink
- Fruit



Lunch Examples

- Turkey Sandwich
- Milk/Yogurt
- Fruit



Dinner Examples

- Grilled Salmon Bowl
- Rice
- Chopped vege
- Fruit



- Omelet w/ Spinach & Bell Pepper
- Toast & Jelly
- Fruit



- Grilled Chicken Wrap
- Hummus & Crackers+
- Fruit



- Lean Steak
- Baked Sweet/Potato
- Asparagus
- Fruit



- PB&J
- Yogurt + Honey
- Fruit



- Spaghetti & Meat Sauce
- Broccoli
- Fruit



- Teriyaki Chicken
- Rice
- Stir-Fried vege
- Fruit



WRESTLING NUTRITION



OFF/EASY TRAINING/WT LOSS

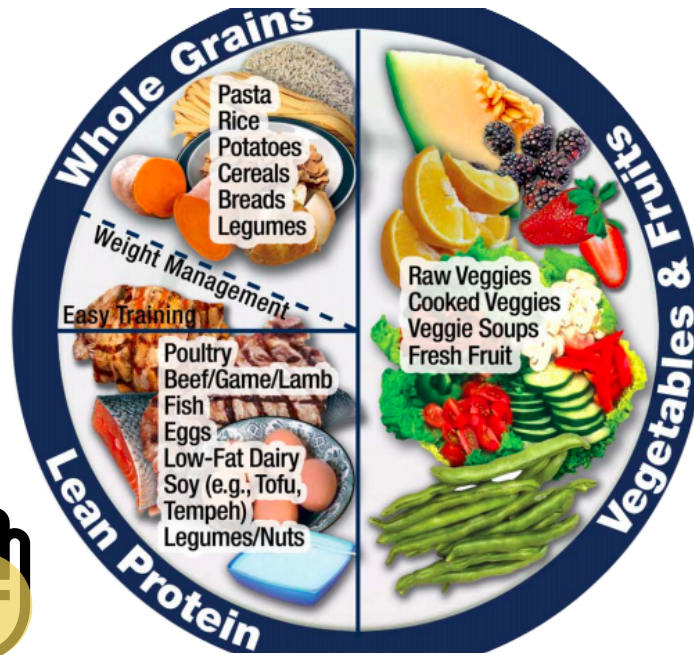
Grain/Starches

1 fist



Proteins

Palm size
(1.5 palm = weight loss)



Fruit & Vege
Rest of the Plate

Pro-Tip = Hit Multiple Colors

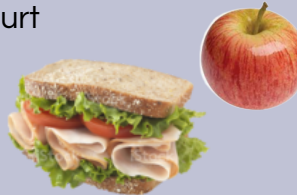
Breakfast Examples

- Oatmeal
- Milk/Yogurt Drink
- Fruit



Lunch Examples

- Turkey Sandwich
- Milk/Yogurt
- Fruit



Dinner Examples

- Grilled Salmon Bowl
- Rice
- Chopped vege
- Fruit



- Omelet w/ Spinach & Bell Pepper
- Toast & Jelly
- Fruit



- Grilled Chicken Wrap
- Hummus & Crackers
- Fruit



- Lean Steak
- Baked Sweet/Potato
- Asparagus
- Fruit



- 1/2 PB&J
- Yogurt
- Fruit



- Spaghetti & Meat Sauce
- Broccoli
- Fruit



- Teriyaki Chicken
- Rice
- Stir-Fried vege
- Fruit

