

Performance Coach Scholarship Programme

Nutrition Workshop



Performance Coach Scholarship Programme

Schedule



09.30am - Introductions & Greetings

09.45 - 10.30am - Fuelling Demands in Sailing
(+ mini game & break)

11.00 - 11.45am - Meeting Hydration Needs

12.00 - 12.30 - LUNCH

12.30 - 13.00 - Shopping Trip (Teams of 3x3
(Pre-Session Meal, Post Session Meal, Rest Day Meal)

13.10 - 13.40 - Shopping Trip Discussion

13:50 - 14:35
Micronutrients, Nutrient Timing & Supplements

14:40 - 15:00 - Questions?

09.30am - Introductions & Greetings

The Prime Health and Performance Team



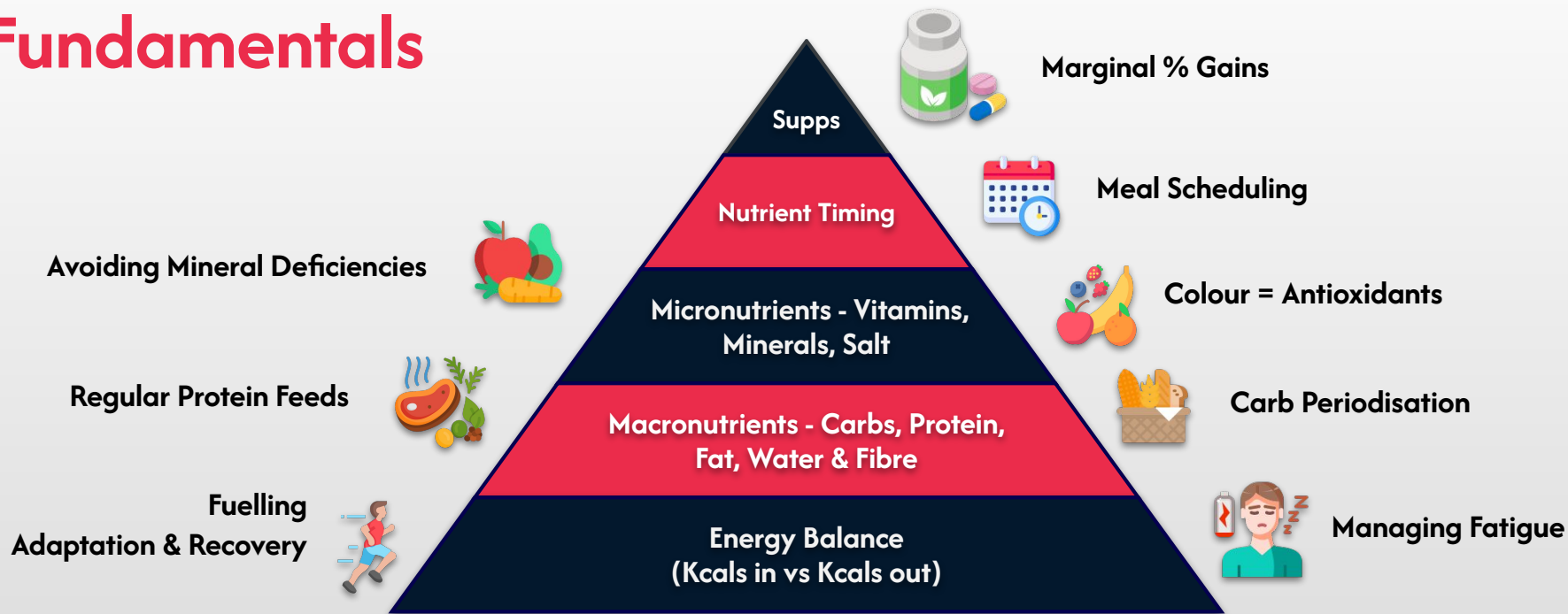
Connor Nowaczyk
MSc RNutr SENr



Matthew Hind
MSc ISAK ANutr



Nutrition Fundamentals



Nutrition Fundamentals

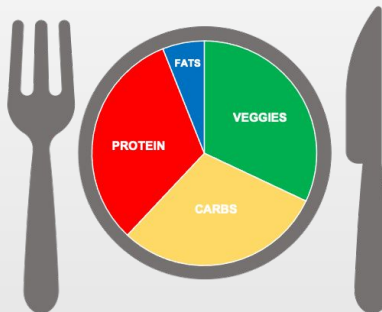
Protein

- Increase satiety (fullness)
- Improve muscle recovery



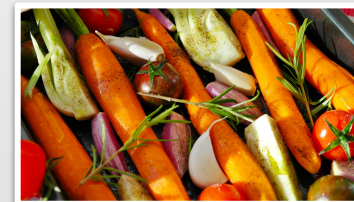
Fats

- Small serving healthy fats, fat soluble vitamins
- Have them away from training



Vegetables & Salad

- Pack plate out, lots of variety
- Plenty of fibre
- Increase fullness & improve gut health



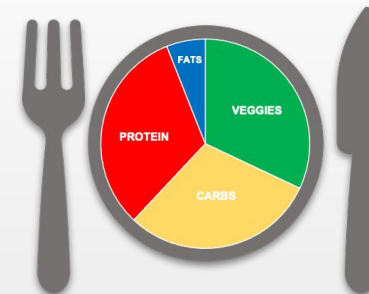
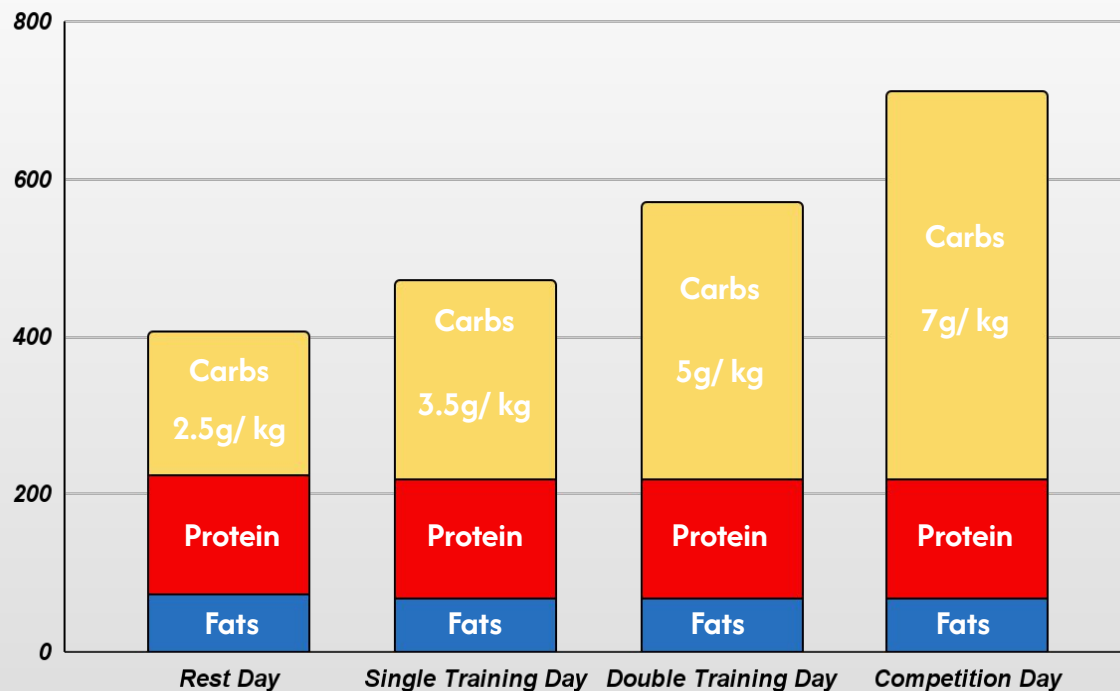
Carbohydrates

- Energy source for high intensity exercise
- Periodisation is key



10.00am - Meeting Fuelling Demands

Sailing Schedule



**More Activity = More
Carbohydrates**

**Less Activity = Less
Carbohydrates**

PMID: [26477909](#)



10.00am - Meeting Fuelling Demands

Fuelling the Engine - Breakfast Example

Recovery Day



10g Carbs

Single Training Day



30g Carbs

Double Training Day

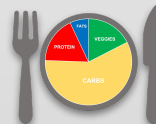
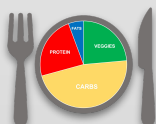
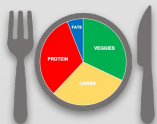


60g Carbs

Competition Day

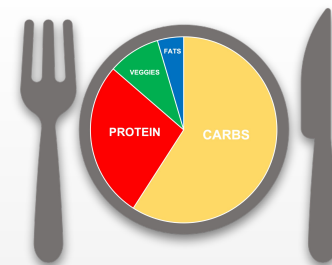


90g Carbs



Fuelling for Performance

Pre-Exercise Meals



Pre-Exercise Meal
2-4 hours before
(1-3/kg of bodyweight)

Cajun Chicken Pasta & 250ml Fruit Juice

1x Average Chicken Breast
75g Dried Fusilli Pasta (Dried Weight)
¼ Red Pepper
½ Tbsp Olive Oil
1x Tsp Cajun Seasoning
125g Tomato Passata

**90g
CHO
Total**

350ml - 500ml



Pre-Exercise Snack
60 minutes before
(1g/kg of bodyweight)

1x Jam Bagel
1x Whole Bagel
30g Strawberry Jam

**71g
CHO
Total**

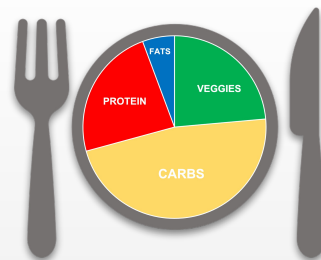


For a 70kg athlete



Fuelling for Performance

Post-Exercise Meals



Post-Exercise Meal

Salmon Fillet, Roasted Veg & Rice

1x Salmon Fillet (120g)
100g Vegetable Mix (asparagus,
peppers, broccoli)
80g Basmati Rice (dry weight)
1x Tsp Olive Oil

34g
Protein

74g
Carbs



GOAL

REPAIR - Protein - 20-40g

REFUEL - Carbs - 1-1.2g/kg of bodyweight

REHYDRATE - Water (150% of fluids lost)

For a 70kg athlete



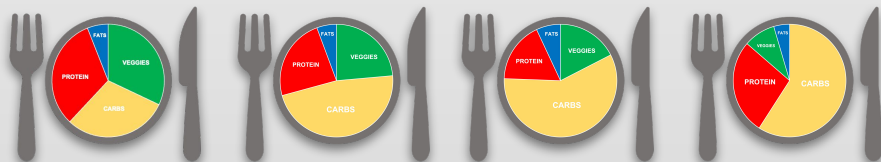
Interactive Task 1

15 to 20 Minutes



In pairs, create four lunch meal ideas for:

1. Rest day
2. Single training day
3. Double training day
4. Competition day



Quick Break!

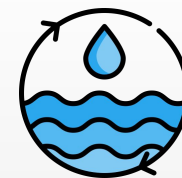
10-15 mins



11.15am - Hydration

Baseline Fluid Intake

? QUICK FIRE QUESTION ?
What are your baseline fluid needs?



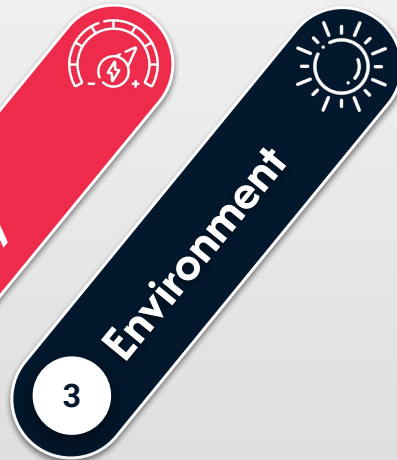
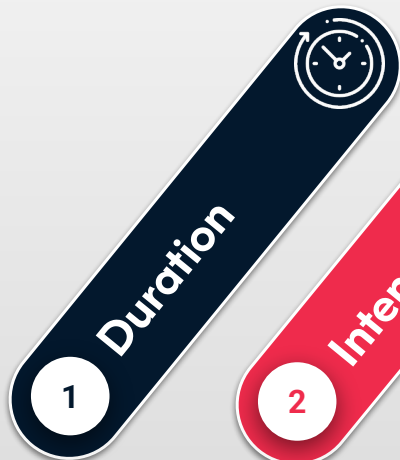
	Baseline Fluids: 35ml/kg of BW	Training Session 1	Training Session 2
	60kg 2100ml	250ml	300ml
	70kg 2450ml	300ml	400ml
	80kg 2800ml	650ml	750ml
	90kg 3150ml	800ml	900ml



Hydration - Meeting Fluid Needs

Sailing

Athletes lose **500 ml - 1500ml**
per hour of exercise



Hydration - Meeting Fluid Needs

Sailing



Pre-Exercise

Starting Exercise Hydrated

5-7ml/kg of bodyweight

2-3 hours before

**2 - 3% dehydration pre training
can decrease performance by
20-30%**

During Exercise

**< 2 hrs // Cool Climate //
Low Intensity**

Drinking to thirst

**> 2 hrs // Warm & Humid //
High Intensity**

Practice drinking strategy

Post Exercise

Replacing 150% of Fluids Lost

Pre session weight: 70kg

Post session weight: 69.2kg

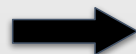
Difference: 0.8kg

Drink: 500ml (0.5kg)

Actual fluids lost: 1.3kg

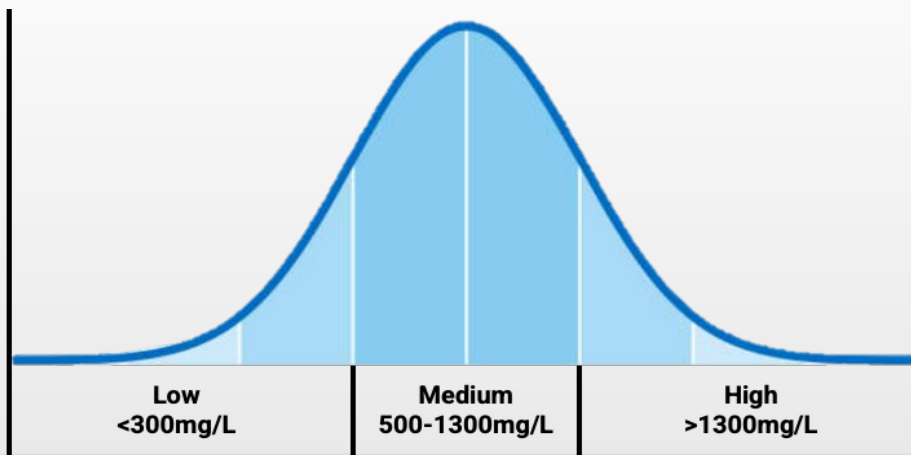
Fluids needed:

1.95 L over the next 5 hours



Hydration - Sodium Losses During Exercise

Sailing



**Varies MASSIVELY
between individuals**

More Salty Sweater?

High sweat rate
Sweat marks on kit
Sweat tastes salty
Feel faint / head rushes
Cramps
Feel rubbish after exercise
Craving salty food



**330ml Coconut
Water**
130 mg Sodium



Hydra 10
2x Scoops
343 mg Sodium



1x Hydra+ Tab
190 mg Sodium



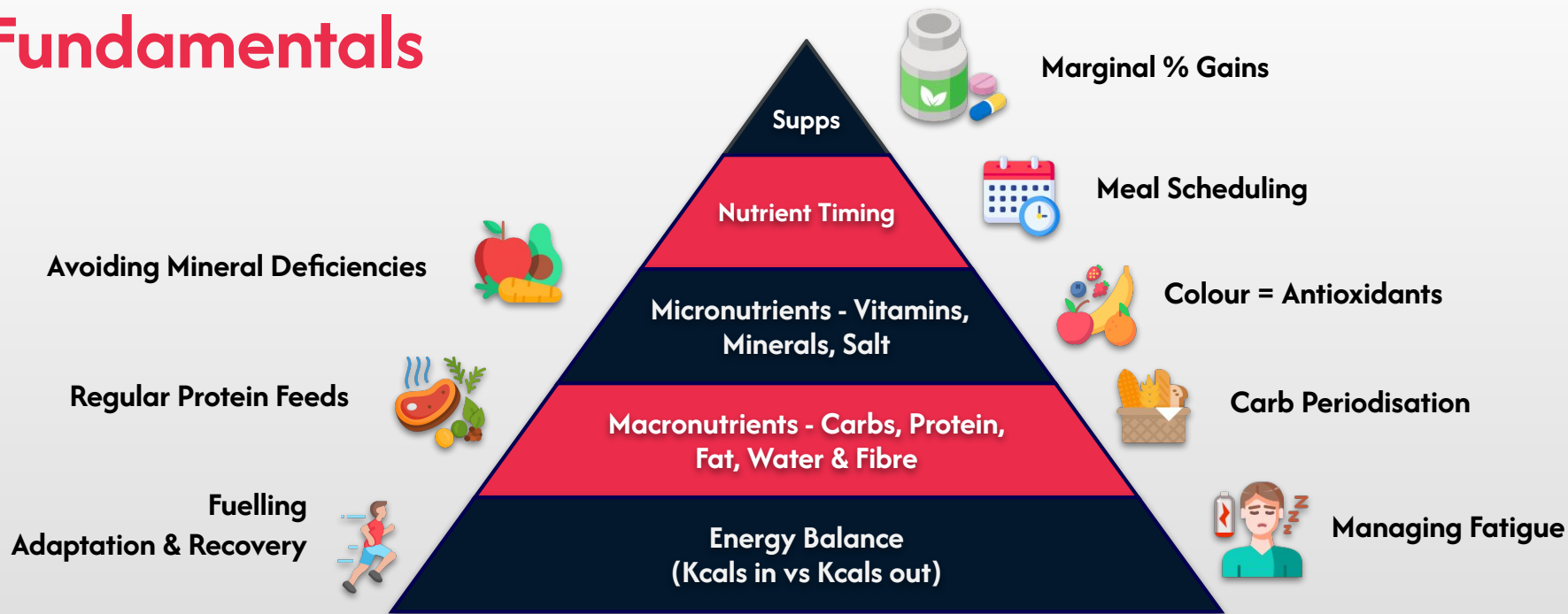
½ Tsp Table Salt
1150 mg Sodium
1950 mg Chloride



½ Tbsp Soy Sauce
330 mg Sodium
900 mg Chloride



Nutrition Fundamentals



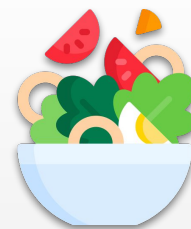
Lunch Break

30 mins



Group Activity

Shopping Trip



The Goal

In Groups of 3, find the right food options for:

1x pre-training meal

1x pre-training snack

1x post-training meal

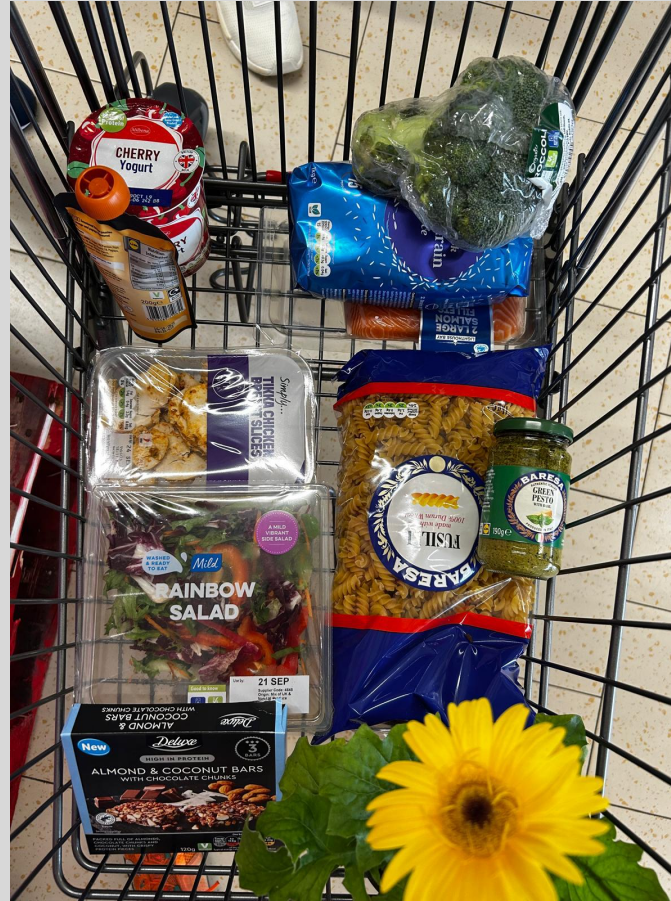
Once you're happy with your options,
we will take a photo's of your choices and discuss
with the group afterwards.



Shopping Trip

Group 1

19.09.2025 →





Shopping Trip

Group 3

19.09.2025 →



Quick Break!

10-15mins



Nutrient Timing - Consistency is key

Sailing

Breakfast

Overnight
Oats & Fruit



Lunch (Pre-Training Meal)

Cajun
Chicken Pasta



Pre/Post Training

Pre - Bagel
Post - Protein
Shake



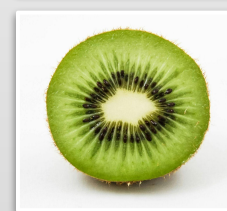
Dinner

Salmon Fillet,
Veg & Rice



Pre - Bed Snacks

Dark
Chocolate
Kiwi



Micronutrients

Food First Approach

Iron



Deficiency linked with increased risk of infection & illness.

Vitamin D



Vit D Receptors on innate & adaptive immune cells.
Maximum 4000IU/day.

Vitamin C



70-80% RDA in a kiwi
250-1000 mg/day reduced
URTI incidence by 50%.

Prebiotics



Fuel growth of good bacteria in the gut.
Fruit, veg & whole grains.

Zinc



Acute supplementation over intense training reduces risk of infection & illness.

Probiotics



Live good bacteria/yeast
Fermented Foods

Supplements- Lactobacillus or Bifidobacterium

Plant Based Diets

Omega 3



EPA & DHA have anti-inflammatory properties

Vitamin B12



Crucial for energy production & metabolic processes.

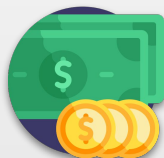
Calcium



Vital for bone health and muscle contraction.



Supplements Considerations



Side Note
Test, don't guess*



Supplements - Performance Based Sailing

NutritionX



Creatine

High intensity exercise fuel store
Beneficial for strength training
Improved cognitive function

Beta-Alanine

Keeps the muscle neutral for longer in
high intensity training
Long term supplement, requires commitment from athlete

Beetroot

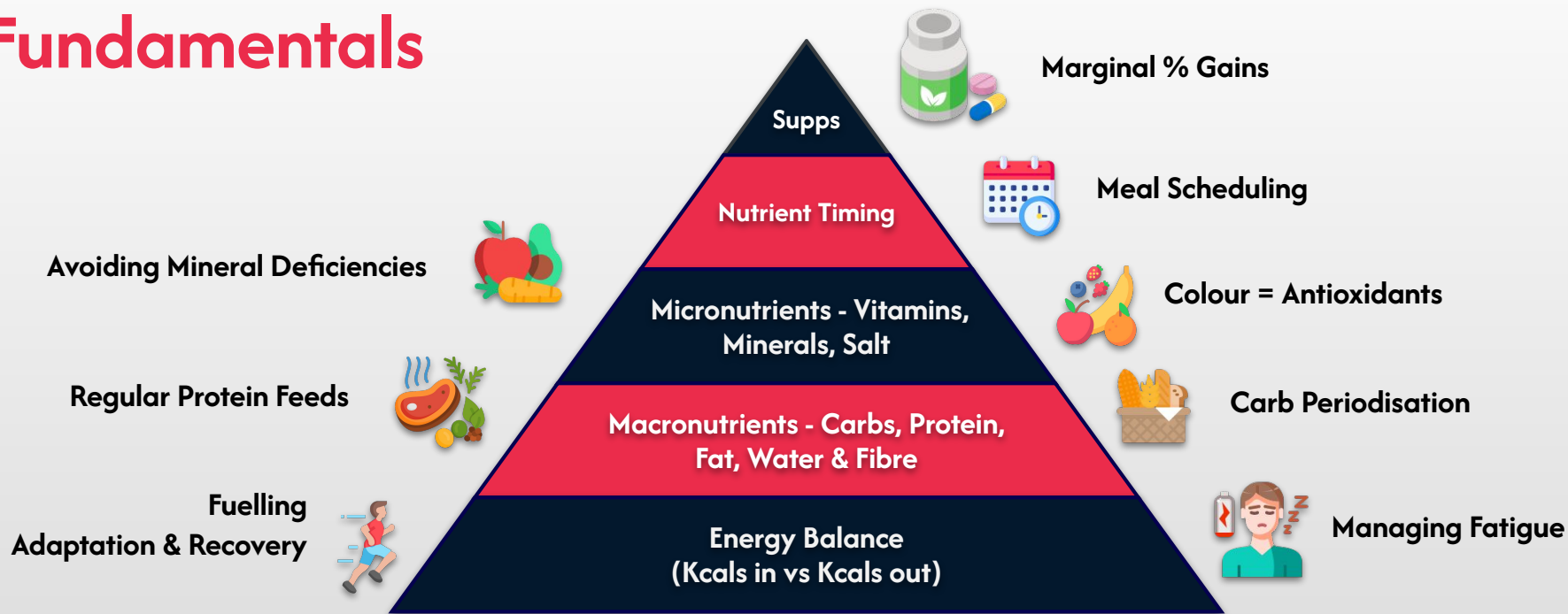
Vasodilator - Increases delivery of oxygenated blood to
the working muscles
Concentrated shots are equivalent to 6 whole beetroot

Caffeine

Improving cognitive concentration and focus on the boat
Reducing perceived effort during exercise



Nutrition Fundamentals



Thank you!

Question Time...



Thank you!

Services & Contact Info



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Services:

Focused Consultation	- 30 min nutrition discussion - Two bespoke nutrition plans - Detailed report
Comprehensive Consultation	- 60 min nutrition discussion - Three bespoke nutrition plans - Supplementation guidance
Nutrition Check-In	- 20 mins consultation - 4x nutrition work on areas - macronutrient targets
Metabolic Analysis	- Resting metabolic rate test - Measuring fitness & fatigue - Nutrition discussion

For more information on the nutrition services offered, feel free to contact via instagram, email or the website!



Pre - Training Meal: Carb Types

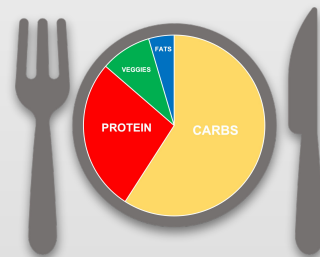
More Simple Sugars



More Complex/Starchy



GOAL:
HIGH Carb
MED Protein
LOW Fat



Fuelling for Performance

Typical Day of Eating

For a 72kg Athlete

Light
Training
Load
(3g/kg/day)

Low
Intensity,
Skill Based
Exercise

Breakfast - Tropical
Overnight Oats (60g)
54g Carbs



Lunch - Tuna Rice
Salad (1 Serving)
49g Carbs



Dinner - Fajita Style
Chicken with Potato
Wedges (1 Serving)
58g Carbs



Snacks - 1 Crumpet &
25g Jam

216g Carbs Total

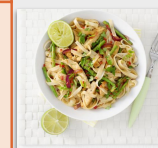
Moderate
Training
Load
(5g/kg/day)

1hr
Exercise/day

Breakfast - 8 Pancakes or
Protein Pancakes, Berries,
Natural Yoghurt
91g Carbs



Lunch - Thai Turkey
Stir Fry, 30g Raisins
95g Carbs



Dinner - Spanish Rice
and Prawn One Pot
85g Carbs



**Around Training/
Competition** - 50g Malt
Loaf, Gatorade Orange,
Apple

360g Carbs Total



Fuelling for Performance

Pre-Exercise Meals

For a 72kg Athlete

High Training
Load Carb Up
(6g/kg/day)

Endurance
Programme
1-3 hrs/day

Breakfast - Porridge
Bowl & English muffin
with 20g Jam
103g Carbs

Lunch - Roast Pepper
pesto pasta, 1 Banana
111g Carbs

Dinner - Chicken Paella
(Serving as per recipe)
And 1x Soreen Loaf
78g Carbs

Snacks - 1 Hot Cross
Bun, 1 Apple, Innocent
Apple & Mango juice
(400ml)
142g Carbs

433g Carbs Total



Very High
Training
Load/ Carb
Load
(8g/kg/day)

Extreme
Exercise
>4-5 hrs/day

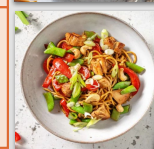
Breakfast - French Toast
w. Honey or Eggy Bread
w. Ketchup
106g Carbs

Lunch - 2x Chicken Fajita
Wraps, Lucozade Sport
102g Carbs

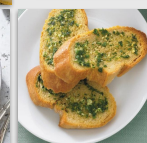
Dinner - Venison Ragu,
Homemade Garlic bread
(2 portions)
152g Carbs

Pre Training Meal -
Chicken Stir Fry
Snacks: Banana, 2 bagels
with Jam
192g Carbs

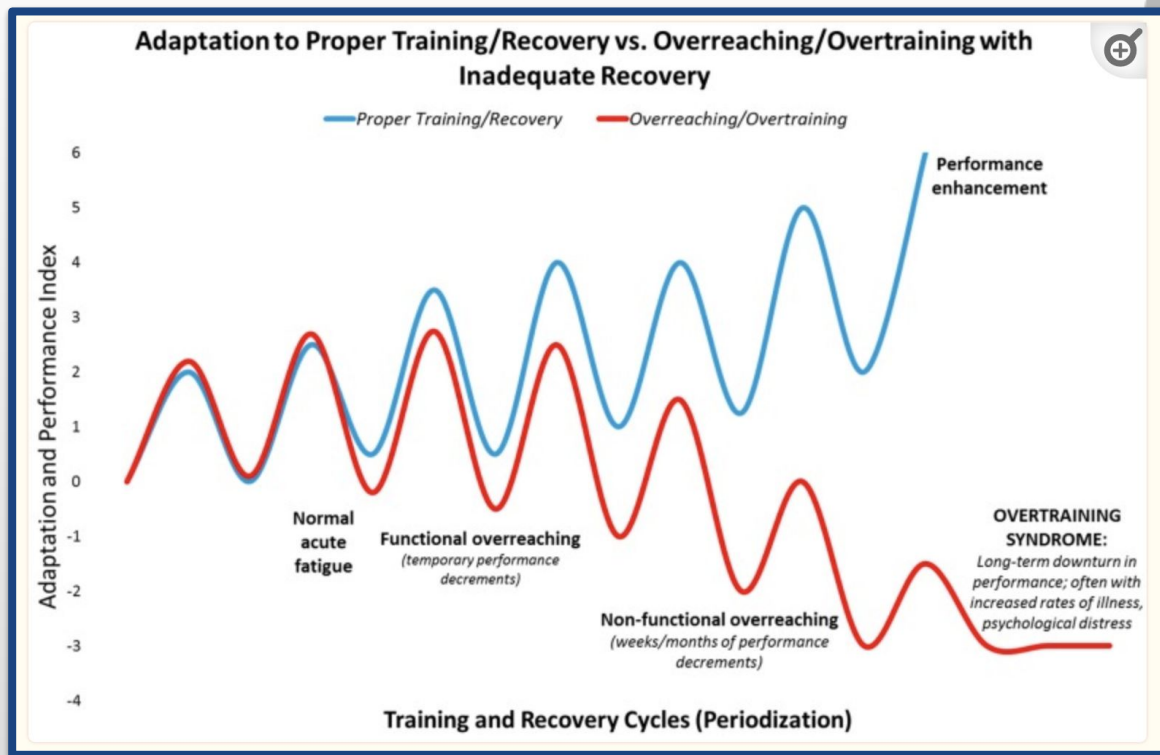
639g Carbs Total



**552g Carbs
Total**



Adaptation vs Overtraining



Adaptation vs Overtraining

Greater Adaptations

Improved aerobic capacity
(Vo2 Max)
Stronger core stability & trunk
flexor endurance
Greater peak power

PMID: [38760471](#)

VS



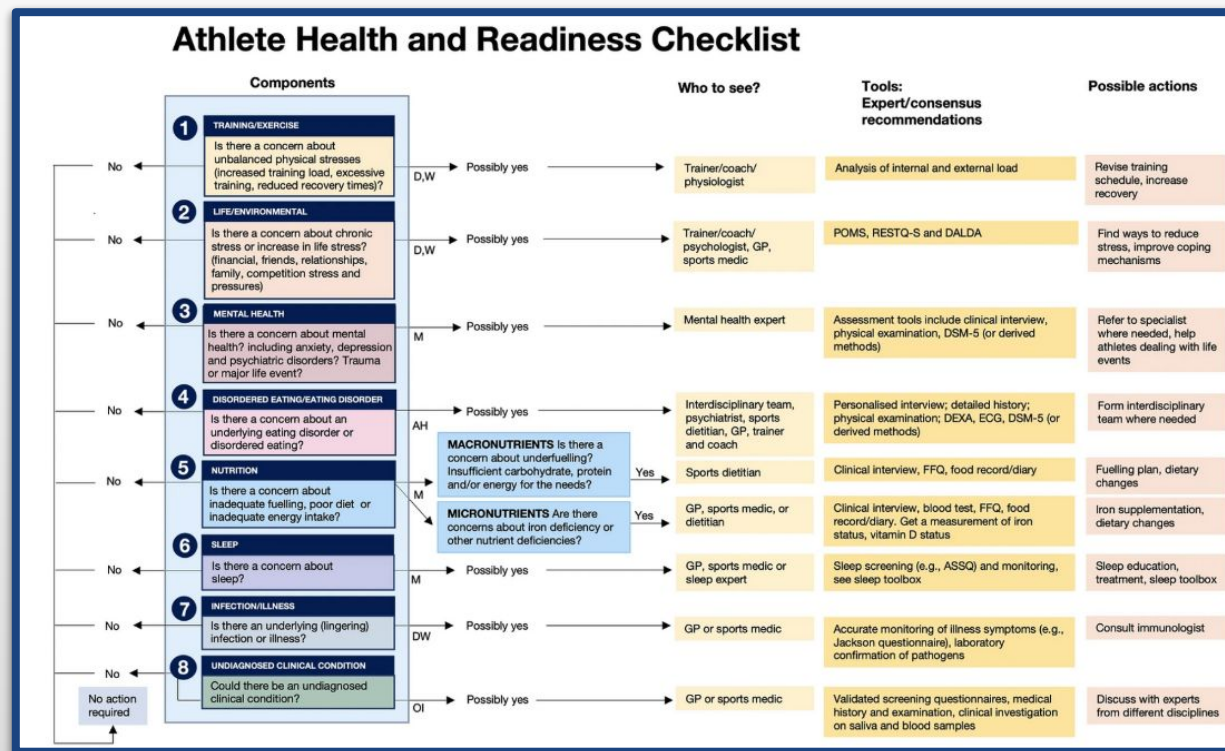
Concerned? (Click Here)

Use the athlete health and readiness
checklist →



Extra Resources

Athlete Health & Readiness Checklist



Extra Reading

Resources

- 2023 International Olympic Committee's (IOC) consensus statement on Relative Energy Deficiency in Sport (REDs) DOI: [10.1136/bjsports-2023-106994](https://doi.org/10.1136/bjsports-2023-106994)
- IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete DOI: [10.1123/ijsnem.2018-0020](https://doi.org/10.1123/ijsnem.2018-0020)
- Anthropometric and physiological profiles of highly trained sailors in various positions and levels [10.1038/s41598-024-62160-6](https://doi.org/10.1038/s41598-024-62160-6)
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