



RUGBY
WORLD CUP
FRANCE 2023



Fuelling the Ireland Rugby World Cup Squad

Dairy Council NI Sports Nutrition Seminar 2023

Emma Gardner





**ENGLISH
INSTITUTE OF
SPORT**

2012-2022



2013-2017



**GREAT BRITAIN
HOCKEY**

2013-2021



**ENGLAND
CRICKET**

2017-2022



IRFU

2022 - Present



Aims

Strategies

Learnings

How did/do we embed nutrition in the national team?

The journey to this point





Gavin Rackard
Niall Brady

IRFU NUTRITION



IRFU

Emma Gardner
Gary Sweeney
Anne Marie Mulholland
Emma Brennan



Steff Gleadhill
Leanne Varley



Clare Farrell
Academy - TBC*

SYSTEM WIDE



Eoghan Hickey
Sophie Conroy

‘NOTWITHSTANDING BIAS, IT IS IMPORTANT TO REMEMBER THAT IT IS IN FACT NUTRITION THAT PROVIDES THE BASIS OF ALL HUMAN PERFORMANCE’

Prof. James Morton/Sir David Brailsford 2021



DO WE TRULY IMPACT PERFORMANCE?

DO WE TRULY ALIGN?



RWC TRAINING SCHEDULE



MON	Time	Session	Detail	Delivery	Group	
Hotel	06.30-0800	BREAKFAST	Team Dining Room	All	Group	A
HPC	0800-0830	Meeting		Staff	Group	
	0900-0940	Movement		S&C / Physio	Group	
	0900-0930	Skills		Rugby	Group	
Deliver	0945-1015	FUEL	Player Pre-Fuel - kitchen	Nutrition	Group / Ind	B
	1030-1130	S&C 1		S&C	Backs	
	1030-1145	S&C 1		S&C	Fwds	
	1130-1230	FUEL	Kitchen Lunch	All	Group / Ind	
	1300-1400	S&C 2		S&C	Fwds	
	1245-1400	S&C 2		S&C	Backs	
	1400-1430	FUEL	Player Re-Fuel - self led	Nutrition	Group / Ind	
Exit	1415-1445	Exit		Rugby	Group	C
	1445-1515	Exit		All	Ind	
	1500-1545	EXIT	Player Recovery snack - kitchen	Nutrition	Group / Ind	
	1530-1630	Exit	Recovery Routines	All	Individual	
Hotel	1830-1930	DINNER	Team Dining Room	All	Group	D
	2030-2130	PRE BED RECOVERY	Snack Area	All	Group	

MAKE IT HAPPEN.....

Autumn Internationals 2022 - Observation



6 Nations 2023 – Education/Implementation



How did we get to this point?



RWC Pre Season 2023 – Squad Strategies



RWC 2023 – Individualised Strategies

RWC 2023 - Aims

**Rugby Performance
First Approach**

**'Impossible to live
with (ITLW)'**

**Fast/High Intensity
Physical
Dynamic
Defence (Collisions)
The last 10 mins....**

Fuel – 'ITLV'

Recovery

Heat*

Player (& Staff) Availability

Food & Mood

FUELLING

FUEL – ‘ITLV’

HOW?

**ADAPTATION –
Pre - Season**

**AVAILABILITY –
Minimise Injury &
Illness**

**EDUCATION –
Players & Staff**

**NUTRITION
AVAILABILITY –
Preparation/’Make
it Happen’**

**RUGBY
PERFORMANCE –
Collisions/Last 10
mins/B2B Games**

**RUGBY
PERFORMANCE –
Constant link back**



RECOVERY

9pm KO's....Make It Happen

OPTIMAL RECOVERY

POST MATCHES



IMMUNITY

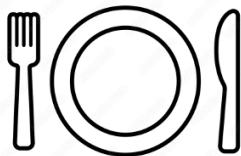
IRFU

IMMEDIATE
CARB + PRO

FEED
CARB + PRO
(Post match meal
1-2 hours later)

HOTEL.....FEED
AGAIN!
2 hours later again)

PRE-BED
PROTEIN



IRISHRUGBY.IE

MATCH NON-NEGOTIABLE

*Adjust based on minutes

RECOVERY

9pm KO's....Make It Happen



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MAT

minutes





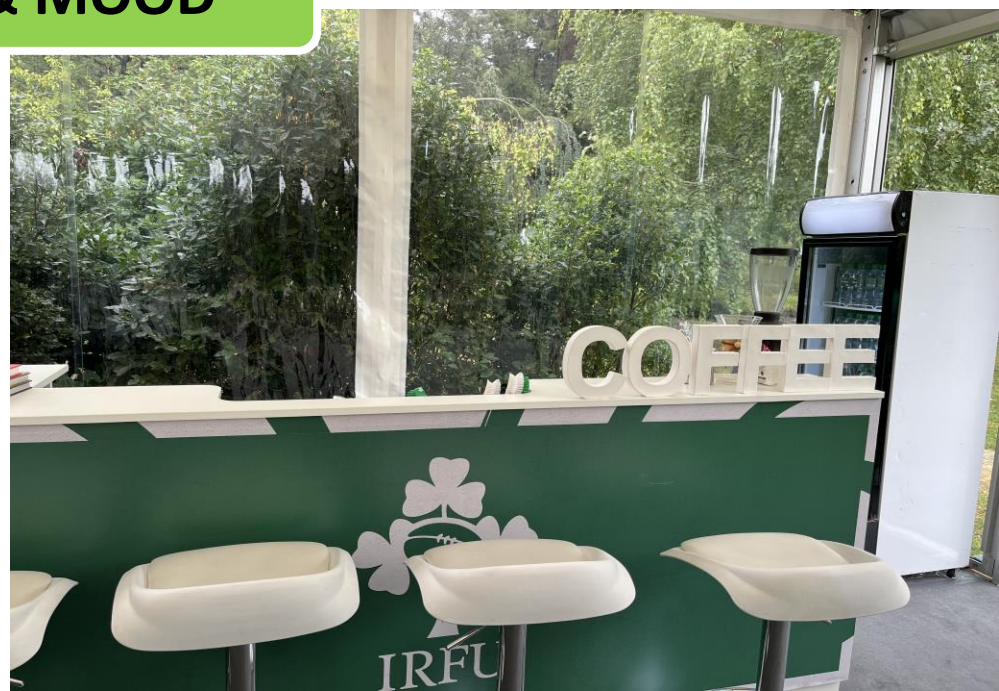
Heat



4 months



FOOD & MOOD



MILK!!!



IRFU



THANK YOU!

LEARNINGS & REFLECTIONS

IMPACT?

EDUCATION

INDIVIDUALITY

PEOPLE

DELIVER WHAT IS NEEDED

MAKE IT HAPPEN!



Thank You For Listening



IRFU

