

# MILK IT FOR ALL IT'S WORTH

PERFORMANCE  
NUTRITION  
SEMINAR



13th October 2016  
The MAC, Belfast

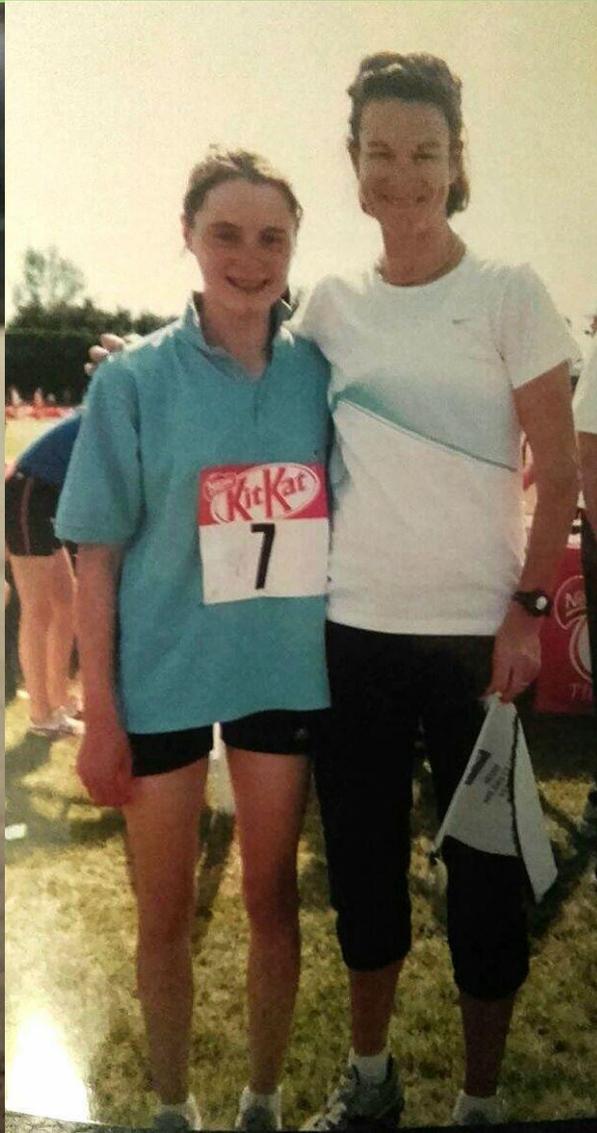
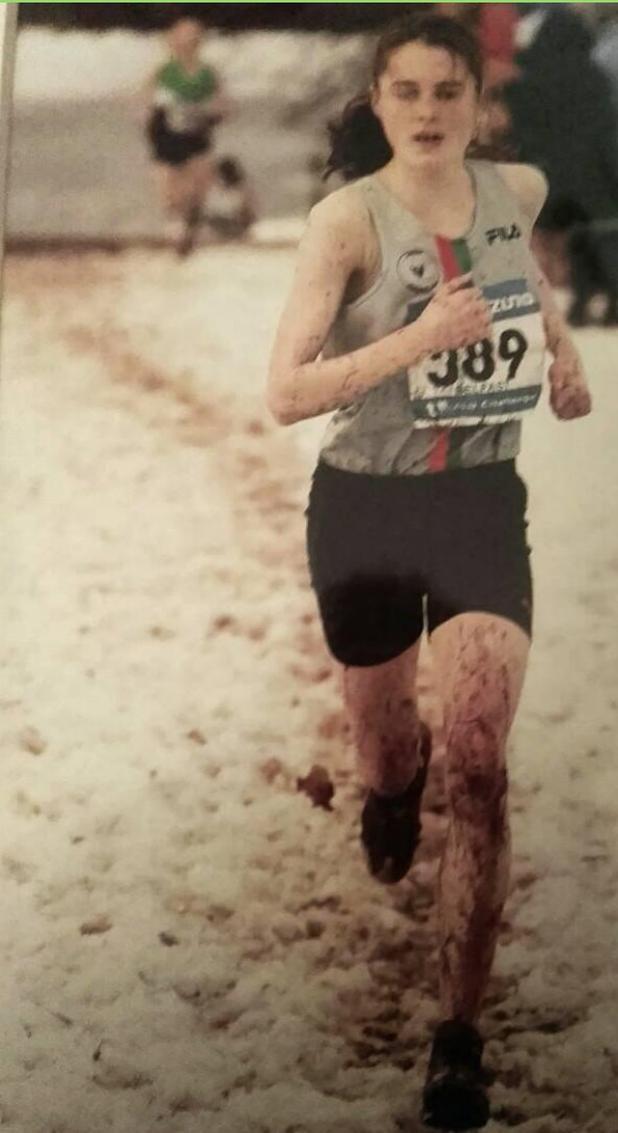


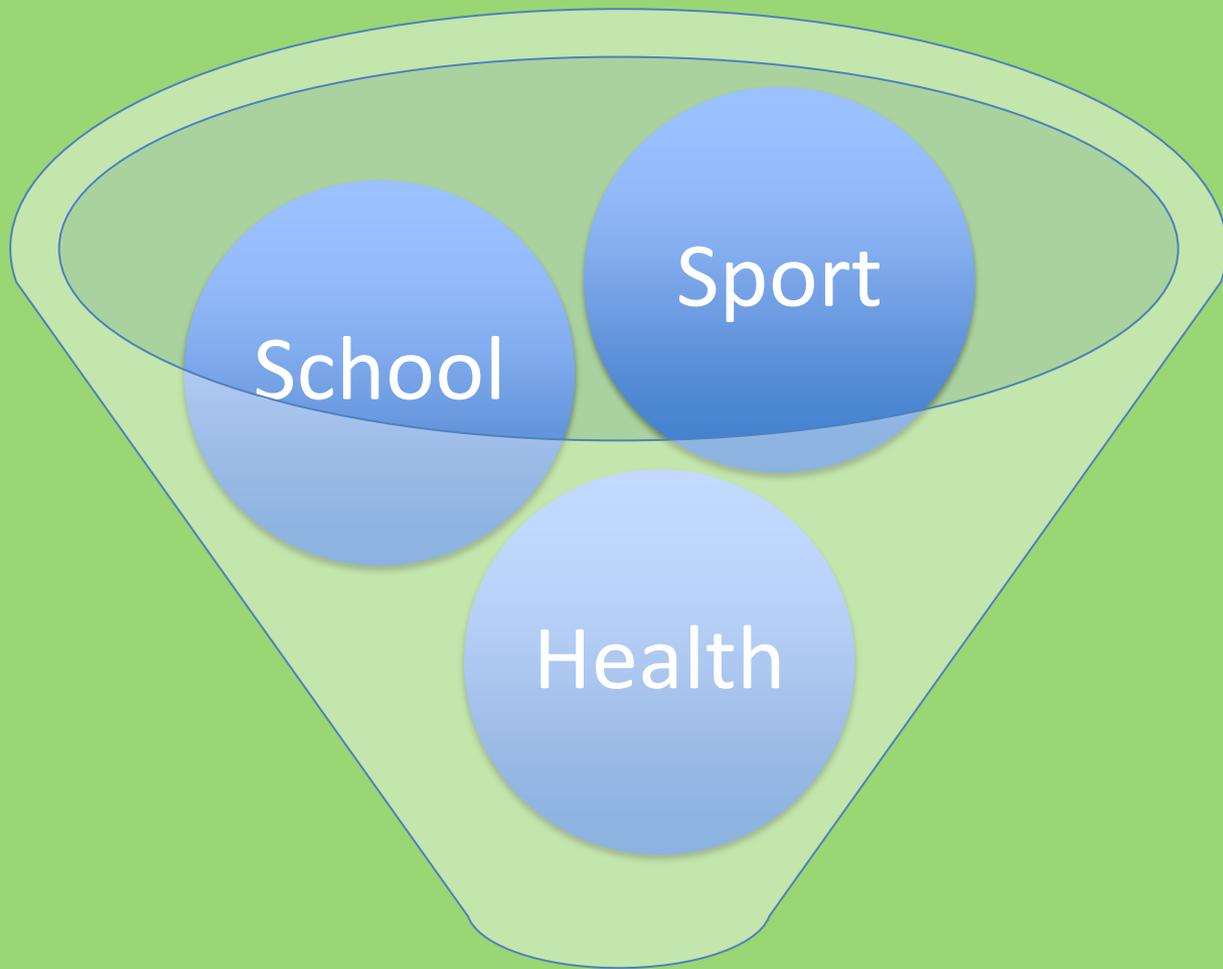
## From Portaferry to Rio

# The Early Years



# Athletics





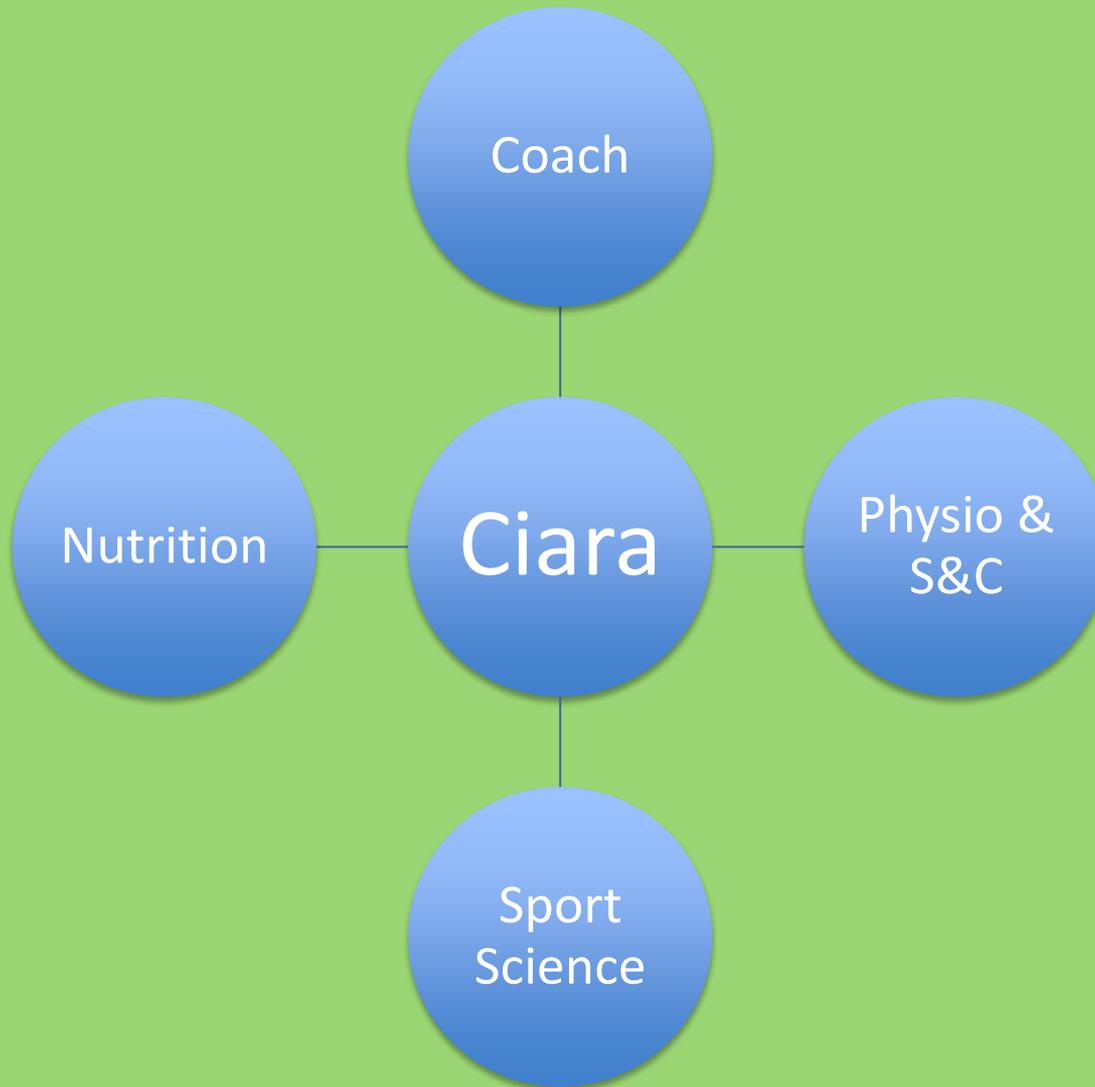
**ME**

# Transition





# My Team



# Nutrition

- Food Diary
- Blood Test
- Regular reviews
  - **Eat more**
  - Timing of my eating
  - Timing of my supplements
  - Performance

1 <sup>st</sup> Breakfast	Tea Slice of whole meal bread buttered
Morning Run	20 mins
2 <sup>nd</sup> Breakfast	Glass water/ Milk Large bowl of cereal, mixed fruit on top with warm/cold milk. Still peckish – another slice of toast
Work	College/ Work/ Gym/ Physio NAP!! ZzZzZzZz
Lunch	Left over dinner usually Large salad – spinach & lettuce leaves, beetroot, baby tomatoes, mozzarella, cold meat Yogurt with mixed fruit and granola
Session	1 hour run / Session
Dinner	Spaghetti Bolognese, Fajitas, Stews etc
Snacks & Supplements	Banana Bread, dried apricots, nuts, fruit, milkshake, fruit smoothie. Iron, Vit C



# Competition

- Caffeine
- Beta Alanine
- Coping strategies for competition

# A work in Progress

- I'm 24
- ?? Years left in my sport
- A lot of years left to live



# Top Tips

- Fun, Healthy Balance
- Managing load / Appropriate intake
  - Obstacles
  - Individual
  - Life Long

Thank You

Questions?