

GB WOMEN'S HOCKEY TEAM: JOURNEY TO SUCCESS

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Olympic Gold Medalist, 2016

THE CHALLENGE

8 games in 14 days.....

The GB Women's hockey team were required to play 8 games in 14 days in temperatures ranging from 18 – 36°C.

Match times varied from 1pm to 8.30pm which posed different dietary challenges.

GETTING THE BASICS RIGHT IS ONE OF THE HARDEST NUTRITIONAL CHALLENGES FOR ANY ATHLETE. FOOD FIRST APPROACH IS CRUCIAL.



WEEKLY VARIATIONS IN TRAINING LOAD



MACRONUTRIENT AND SUPPLEMENT PERIODISATION IS A KEY AREA OF EDUCATION WHEN WORKING WITH ATHLETES. THEY HAVE TO UNDERSTAND THE DEMANDS OF THEIR ROLE IN THE TEAM TO BE ABLE TO EXECUTE THIS.

CHO	Normal/Mod	High																
PRO	Normal / Mod	High																
HEALTH & IMMUNITY	Normal strategy	Aggressive strategy																
SUPPLEMENTATION		Cherry Active?																
			Beta alanine Black start															
TIME TO GIVE BACK																		
PHYSICAL RECOVERY	MOBILITY FOCUS																	
KEY AIM	Fuelling and recovery																	
	Adequate CHO and recovery																	
	Strength Adaptation																	
	Fuelling and recovery																	
	Match Nutrition strategies																	
	Adequate CHO and recovery																	
	Recovery																	
	Strength Adaptation																	
	Strength Adaptation																	
	Strength Adaptation																	
	Adequate CHO & Recovery. Match nutrition maintain immunity																	
	Fuelling and Recovery																	
	Tournament preparation (Adequate CHO and immunity strategies)																	

PLAYERS ARE REQUIRED TO BRING THEIR OWN MEALS TO TRAINING SESSIONS EVERY DAY. PLANNING AND PREPARATION IS CRUCIAL.



SNACKS

CARBOHYDRATE BASED	PROTEIN BASED	FRUIT, NUTS & SEEDS & CONDIMENTS
Oats	Lean meat i.e. chicken/turkey	Fresh fruit
Rye bread, sourdough, wholemeal bread	Tinned fish i.e. tuna	Tinned fruit (in juice)
Low sugar cereal/oats (All bran, oats, untoasted muesli/granola)	Milk	Nuts (cashews, brazil nuts, Almonds, Walnuts)*
Wholegrain bagel/wrap/pitta	Greek Yoghurt (Total 0% fat)	Seeds (pumpkin seeds, sunflower, ground flaxseed)*
Flavoured yoghurts (low sugar)	Low fat cottage cheese	Dried fruit*
Merchant Gourmet Quinoa, lentils, freekah, couscous pouches	Eggs	Wholegrain peanut butter*
Oat cakes/rice cakes/Ryvita thins	Protein shake	Almond butter*
Malt/fruit loaf/crumpets	Protein Bar	Marmite
Veg sticks i.e. Carrot	Biltong	Low fat hummus
Muller rice/rice pudding	Nutribullet shake (protein based)	
Skinny popcorn	Homemade protein balls/bars	
Cereal Bars (No added sugar bars- Eat Natural, 9-bar, Nakd bars, Get Buzzing)		

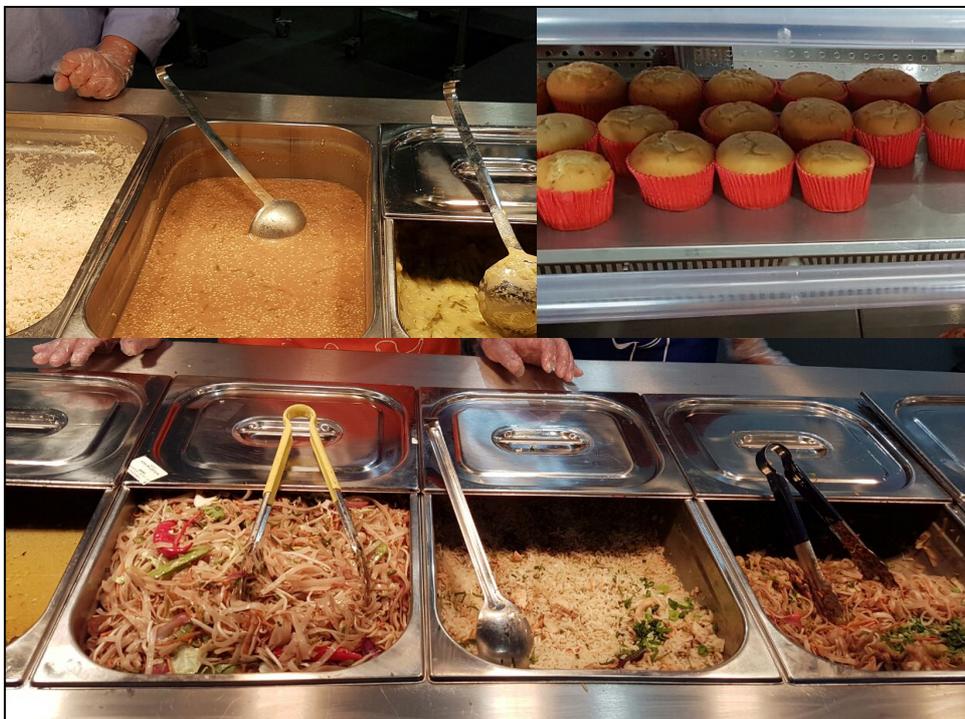
*portion control (high fat content/high sugar content)

Pre match snacking (i.e. 2-3 hours before) should be low GI carbohydrate based, moderate in protein and low in fat

GETTING EVERY PLAYER TO EAT AN APPROPRIATE BREAKFAST BEFORE TRAINING IS CHALLENGE. THIS CAN BE MADE EASIER IF MESSAGES FROM THE NUTRITIONIST ARE REINFORCED BY THE TEAM AND THEY 'OWN' THEIR PROGRESS.



IN RIO THE GB TEAM ATE EVERY MEAL TOGETHER (~78). THE DISCIPLINE TO EAT BASED ON YOUR OWN NEEDS IS CRUCIAL AS IT IS VERY EASY TO GET INFLUENCED BY PEERS.



TEAM GB HAD A FACILITY OUTSIDE THE OLYMPIC PARK WHERE THEY WERE ABLE TO ENJOY SOME MORE TRADITIONALLY BRITISH FOOD IN A MORE RELAXED ENVIRONMENT. THIS WAS HUGE BENEFICIAL IN SUCH A PRESSURIZED ENVIRONMENT.



ANY QUESTIONS?

