

DURING EACH STAGE

(Mississippi Million Suggestions)

THE GOAL FOR EACH 4 HOUR ROWING BLOCK:

300-400kcal per 4 hours (approx. 100kcal or greater per hour)

Essential focus on hydration – sip on electrolyte/sports drink solution (400-500ml per hour)

Focus on carbohydrate intake (aiming for 30-60g per hour)

Little and often approach

Listen to your body – stomach rest for 30-45mins when needed – particularly later in the day

Salt tablets (1 per hour in second session when temperature >35 degrees (0.5-1g of salt per hour)

<p>HYDRATION IN BOAT 3 bottles per person</p>	<ul style="list-style-type: none"> • BOTTLE 1: 1L water plus 1 tablet of High5 Zero • BOTTLE 2: 1L water plus 1 sachet of High5 Energy Source (or equiv.) • BOTTLE 3: 1L water only <p>Aim to drink 400-500ml per hour – either every 20-30mins or small sips as required – don't gulp Have a sip of bottle 1 or 2 PLUS a sip of bottle 3 each time you drink</p> <p>Target over 4 hours MIN – 1.6L – but you have up to 3L if needed</p> <p>Repeat strategy in afternoon as well (especially if hotter)</p>												
<p>Snacks – focus should be mostly on carbohydrate intake Some protein is also important</p>	<p>Snacks should be tasty, easily digestible and have a high carbohydrate focus. Examples of snacks:</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td>High 5 Energy bar</td> <td>Mixed nuts/raisins</td> <td>Banana chips</td> </tr> <tr> <td>Trek bars</td> <td>Sesame snap bars</td> <td>Bounce food protein balls</td> </tr> <tr> <td>Fresh bananas</td> <td>Genoa fruit cake</td> <td>Jelly babies/percy pigs</td> </tr> <tr> <td>Clif bars</td> <td>Flapjacks</td> <td>Pepparami (or savoury equiv.)</td> </tr> </table> <p>Remember over a 4 hour block aim to 'graze' on 2-3 items from the list above – aiming for around 100g of carbohydrate as needed (more if weight >85kg)</p> <p>You do not need to overdo this – but if you start feeling weak or light-headed it could be a sign that blood sugar is dropping.</p> <p style="text-align: center;"><u>IMPORTANT: In the heat – hydration outweighs carbohydrate intake</u></p>	High 5 Energy bar	Mixed nuts/raisins	Banana chips	Trek bars	Sesame snap bars	Bounce food protein balls	Fresh bananas	Genoa fruit cake	Jelly babies/percy pigs	Clif bars	Flapjacks	Pepparami (or savoury equiv.)
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<p>Gels</p>	<ul style="list-style-type: none"> • High 5 Isogel (or equivalent) • NO NEED TO OVER DO THIS • Suggest 1 gel in hours 2 AND 3 to top up carbohydrate intake 												
<p>Salt</p>	<ul style="list-style-type: none"> • NOT ESSENTIAL GENERALLY AS YOU WILL HAVE ELECTROLYTE TABLETS • However – if temperature >35 degrees and/or humidity >85% - suggest 1 salt tablet per hour of rowing with water (aim for 0.5-1g of sodium per hour) • Particularly relevant to second half of day <u>and for those who sweat profusely</u> 												

IMPORTANT NOTES:

Listen to your body, notice how you are feeling – this is more essential for the core team

Symptoms to be mindful of:

Headaches, nausea, stomach cramps, light-headedness, pounding head, tingling sensations – these could all relate to heat stress, electrolyte losses or dehydration – speak to the medic if symptoms persist over day

End of day:

If you can do a weigh in – worth checking weight loss. For every kg of weight lost try to have 1.5L of fluid (obviously not alcohol!) in the evening period.

If you have no access to scales – aim to drink an extra 1 -1.5L of fluid above what you would normally do

RECOVERY

An easy way to improve recovery – have a High5 Protein recovery drink with either water or semi-skimmed milk; or have a milk based drink with your evening meal

For the core team: also try adding a teaspoon of Ultramuscleze (magnesium and glutamine powder) to your recovery drink or diluted fruit juice. May aid in faster recovery or minimize onset of any cramps.