

Keep Healthy - Keep Fit

Tynecastle Football Club

Prevention - be Professionally Active

Hydration

Make sure you are drinking enough fluid!!

Pre-Match

You need to be drinking WATER at least 2 hours prior to the game/training.
Try to get at least 1 – 2 litres of water into you.

Isotonic drinks (Powerade, Lucozade etc.) should only be consumed during and after the match/training to replace minerals, salts and to maintain energy stores lost through perspiration.

Why not make your own sports drink?

400ml of water

Pinch of salt

25gm of sugar

100ml of sugar free/low calorie squash

During Match/Training

Make sure that you are drinking water before, during and after the warm up – keep hydrated.

If you are not starting the game keep warm, get the tracksuits/waterproof kit on especially if cold.

It is essential to maintain your core temperature on the sidelines to avoid injury, so be ready to go on at short notice, remember you are expected to come on and be up to match pace!

Ensure you keep warming up at least every 10/15 minutes, work on shorter version of warm up, stretching and ball work.

Be professional and look after yourself

Post Match/Training

A cool down is very important with light jogging, skipping, muscle shake and some static stretching will all help to prevent injury.

Take more fluids preferably water, isotonic drinks, milk within 30 to 60 minutes after game/training has ended.

Nutrition

Do not eat heavy meals, large breakfasts before games/training as digestion diverts the blood away from muscles where it is needed and can result in cramps, stitch and tiredness.

Pre-Match

Eat a light meal or a series of snacks and fluids at least 1 – 4 hours before games or training.

Pre-Match Ideas

- Breakfast Cereal with low fat milk or yoghurt
- Cereal Bars with fruit juice
- Toast (white bread) with Baked Beans
- Crumpets with honey or jam
- White Bread Rolls with Bananas
- Fruit Salad and low fat yoghurt
- Fruit Smoothies with low fat milk or yoghurt
- Pasta (white) with tomato/low fat sauces
- Steamed Rice/Noodles with low fat sauces
- Baked Potato with low fat fillings

Post-Match Ideas

The “Golden Hour” is after any exercise when the body is primed for absorption of nutrients. Ideally you should be looking to get simple carbohydrate into your system and some lean protein. Chicken salad sandwiches, banana, Jaffa cakes...Drink fluid as you eat.

- Milk Shake or Fruit Smoothie
- Sports Bar and Sports drink
- Fruit Flavoured Yoghurt
- Crumpets/Muffins with thick spread of peanut butter
- Sandwich with cheese, meat or chicken filling
- Toast and Baked Beans
- Baked Potato with Cottage or Grated Cheese
- Wholemeal Pita bread with Chicken filling
- Breakfast Cereal with milk

Milk

Milk is great for a lot of things – reducing damage, replenishing carbohydrate stores and hydration. Ideally if you can drink a pint of milk within 30 minutes of finishing game/training as this will help the body recover much quicker. Any type of milk other than full fat, so flavoured semi-skimmed or full skimmed contains very little fat