

# Athlete's HARD TRAINING PLATE

For High-Intensity Exercise & Game Days!



For 3 or more hours  
of athletic training



Plan 4-5 smaller  
balanced meals

Maximize your performance and recovery by eating the right proportions of carbohydrates to proteins.

Eat a smaller serving before workouts and larger servings after workouts for recovery.

## Carbohydrates

**ABOUT ½ OF YOUR PLATE**

Sweet potato, rice, wheat bread, kalo, ulu, corn, kabocha squash, crackers, pastas and ramen.

## Vegetables

**ABOUT ¼ OF YOUR PLATE**

Non-starchy vegetables such as kalo leaves, lettuce, choi sum, bok choy, peas, cucumber, broccoli, and carrots.

## Lean Protein

**ABOUT ¼ OF YOUR PLATE**

Poke, chicken, eggs, peanut butter, edamame, or a handful of almonds.

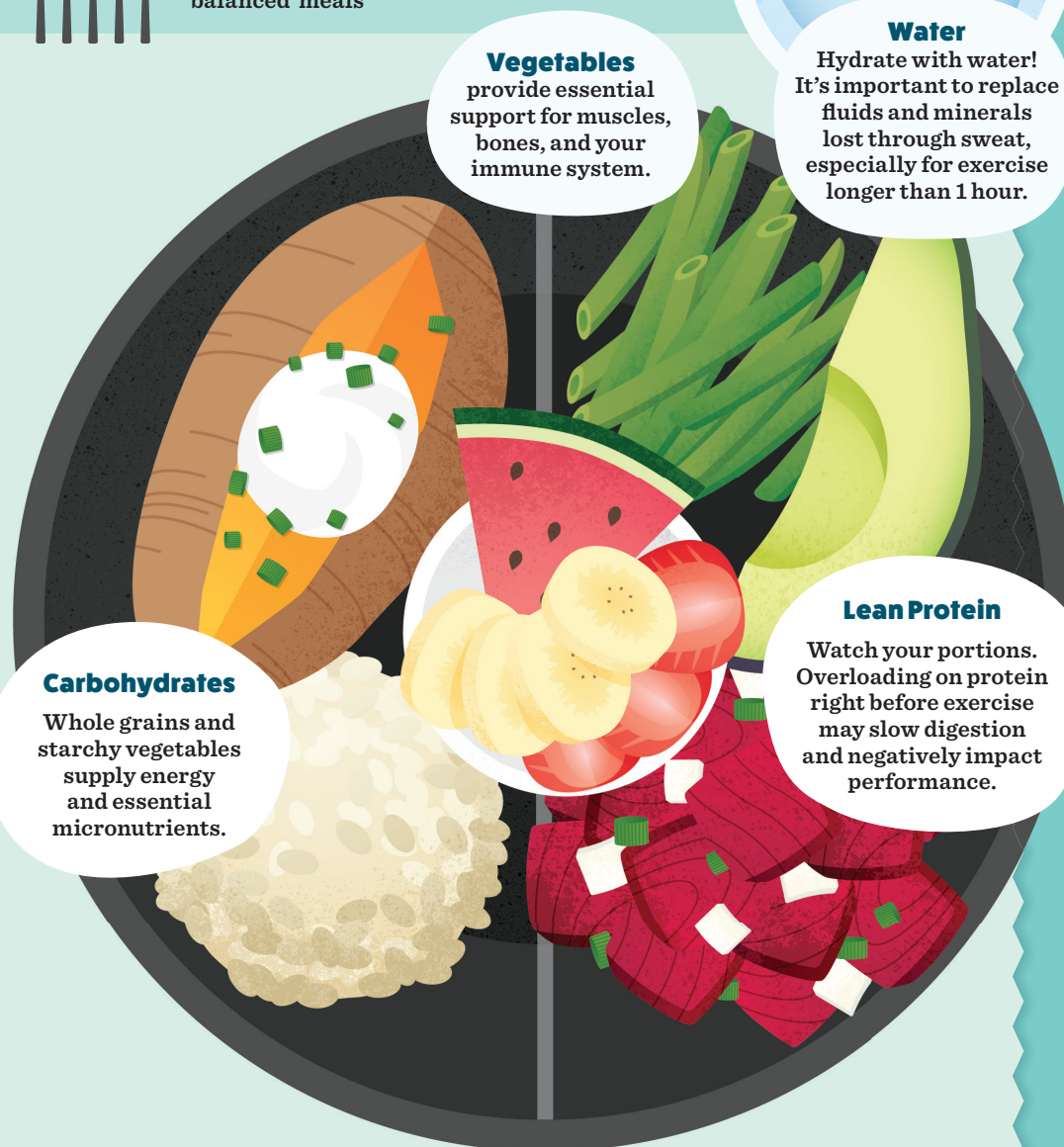
## Fruit, and/or Dairy

**SMALL SERVING ON THE SIDE**

Banana, papaya, mango, pineapple, watermelon, oranges, milk, and yogurt

## Fats

Small amounts of fats are important. Avoid high fat meals and snacks like chips since they can slow digestion, may cause cramping and have little nutritional value for recovery.



**Vegetables**  
provide essential support for muscles, bones, and your immune system.

**Water**  
Hydrate with water!  
It's important to replace fluids and minerals lost through sweat, especially for exercise longer than 1 hour.

## Lean Protein

Watch your portions. Overloading on protein right before exercise may slow digestion and negatively impact performance.

## Carbohydrates

Whole grains and starchy vegetables supply energy and essential micronutrients.

## WORK OUT HARDER & SMARTER

### Pre-Competition

Most athletes should use the Athletes' Plate that matches their training intensity.

### Endurance athletes

Follow the Hard Training Day Plate **three days prior to competition**, even if you have reduced your training. This will help you load up on carbohydrates needed for endurance events.

### Timing is important

Proper and consistent nutrition timing can help maintain mental performance, replenish energy stores, and rebuild muscle breakdown!

**Eat within two hours** of completing an extended workout or competition.

If you can't eat a meal, **have a snack within 30 minutes** after finishing your workout.

### Cool down

Finish a tough workout with light stretching and breathing.

### Rest up

Make sleep a priority. **Aim for 8 to 10 hours** of sleep before and after competition.

Nutritional needs may be higher during more intense and longer training sessions.

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LET'S GO!

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