



Suggested Sports Nutrition Plan for Junior Triathletes (<12 yrs of age)

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Fluid guidelines for Training

450-600ml of fluid per hour of training for swimming, cycling and running or any activity.

In addition:

Aim for ~1.5 litres of water outside training and

Aim to have 300-400ml 15 minutes prior to training starting and then plenty of water after training

Breakfast

- 1 cup cooked porridge or cereal (Eg: 2 Weetbix, Weetbix Bites, Sustain, Mini Wheats or Sports Plus) with 1 cup high calcium milk (Eg: Light Start or Calcium Plus) and 1 piece of fruit or
- 2 slices toast with 200g yoghurt and 1 piece of fruit

Morning Snacks

Choose 1 piece of fruit and a Healthy Snack (Eg: one of the following)

- 1 slice fruit bread
- 200g yoghurt
- Be Natural Trail Bar
- 220g tin Heinz creamed rice or Yoplait Le Rice

Lunch

- 1 bread sandwich/roll (wholemeal/grainy/invisible high fibre) with 1 egg or 20-30g lean meat/chicken or 85g tin tuna and salad (aim for 2-3 colours)

Before Training/Afternoon Tea

- See morning snacks (fruit and one other choice) or
- Maggi low fat 2 min noodles or'
- 1 cup pasta with tomato based sauce

During Training

- 450-600ml/hr fluid – see first page for details

Recovery (if dinner not within 30 minutes)

- fruit

Dinner

- Serve of lean meat, chicken or fish (85-100 grams)
- 1 cups of cooked rice or pasta or noodles or 2 slices bread
- Plenty of salad or vegetables (1-2 cups – aim for 3 colours)
- Fruit and 1 cup yoghurt or creamed rice or coles lite custard or Bulla Fruit'n'yoghurt minis or Paddle Pop Moo ice cream

To register for the Busso Sunsmart Masters Kids Triathlon go to www.bussohalf.com

To be used as guide only, specific information may be obtained by visiting a nutrition works Sports Dietitian