



# #BetterThanYesterday

## Episode 001: Multi-Sport Athletes

Multi-sport athletes experience numerous benefits from participating in multiple sports. Invariably, there exists a crossover of skills and attributes required between sports that span across the main performance domains of strength, speed, power, endurance, agility, and coordination.

Given this, attention must be paid to correct fuelling and training practices to ensure the athlete minimises the risk of negatively impacting their growth, development, and overall health. Consequences are often seen as decreased performance, injury development, and nutritional deficiencies.

To avoid this, the athlete and their support network should ensure the athlete has:

- An overall adequate intake of carbohydrate foods - represent the premium fuel for performance.
- An adequate type and timing of carbohydrate foods - emphasis placed before, during, and after training and competition.
- An adequate overall protein intake - provides the building blocks for improvement and adaptation to become stronger, faster, more efficient, and better than yesterday.
- An adequate type and timing of protein - specifically following training and competition to kick-start the rebuilding and recover process.
- An adequate fluid intake to guard against dehydration - as a loss of 2% or greater in bodyweight from sweat can lead to a performance loss of around 30%.

Furthermore, training and competition schedules should include:

- Adequate loading and stimulus applied to the athlete's muscular and nervous system to facilitate progression of skills and physical prowess.
- Adequate rest and recovery - as all rebuilding, regeneration and adaptation from training and competition occurs when resting (neglecting this represents the most common cause of over training).

Your specific training requirements are dependent on your sport, age, competition level, and goals for progression. Expert advice and guidance from an experienced coach is recommended.

Your nutrition requirements are highly individualised, dependent on your sport, position, training and competition loads, age, gender, body composition and somatotype, and overall goals. Expert advice from an Accredited Sports Dietitian will ensure you are consuming the exact amount and type of fuels to reach your athletic development goals whilst ensuring optimal health is achieved.

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