



UDA PERFORMANCE PACK



UDA[®]
S O C C E R
EST. 2018

1. STRENGTH & CONDITIONING GYM PROGRAMME
2. FITNESS SESSION TOP UPS
3. NUTRITION ADVICE
4. RECOVERY ADVICE



TOP UPS: OFF FEET



TYPES	REPS/SETS	TIMES
BIKE 1	10 REPS 2 SETS	30 SECS ON 30 SECS OFF
BIKE 2	10 REPS 1 SET	3 MINS HARD 2 MINS RECOVERY
BIKE / CROSS TRAINER	1 SET	45 MINS CONTINUOUS
ROWER MACHINE	100M 200M 300M 400M 500M 600M	REST FOR 1 MINUTE BETWEEN EACH DISTANCE

TOP UPS: ON FEET



TYPES	REPS/SETS	TIMES
BOX TO BOX SPRINTS	8 REPS 2 SETS	SPRINT FOR 15 SECS REST FOR 15 SECS
HALFWAY LINE SPRINTS	7 REPS 3 SETS	SPRINT FOR 10 SECS REST FOR 30 SECS
90-MINUTE SPRINTS (SET 1) 6-YARD SPRINTS (SET 2)	SET 1 = 10 REPS SET 2 = 10 REPS	SET 1 = 30 SECOND SPRINT, 30 SECOND REST SET 2 = 5 SEC SPRINT, 10 SEC REST

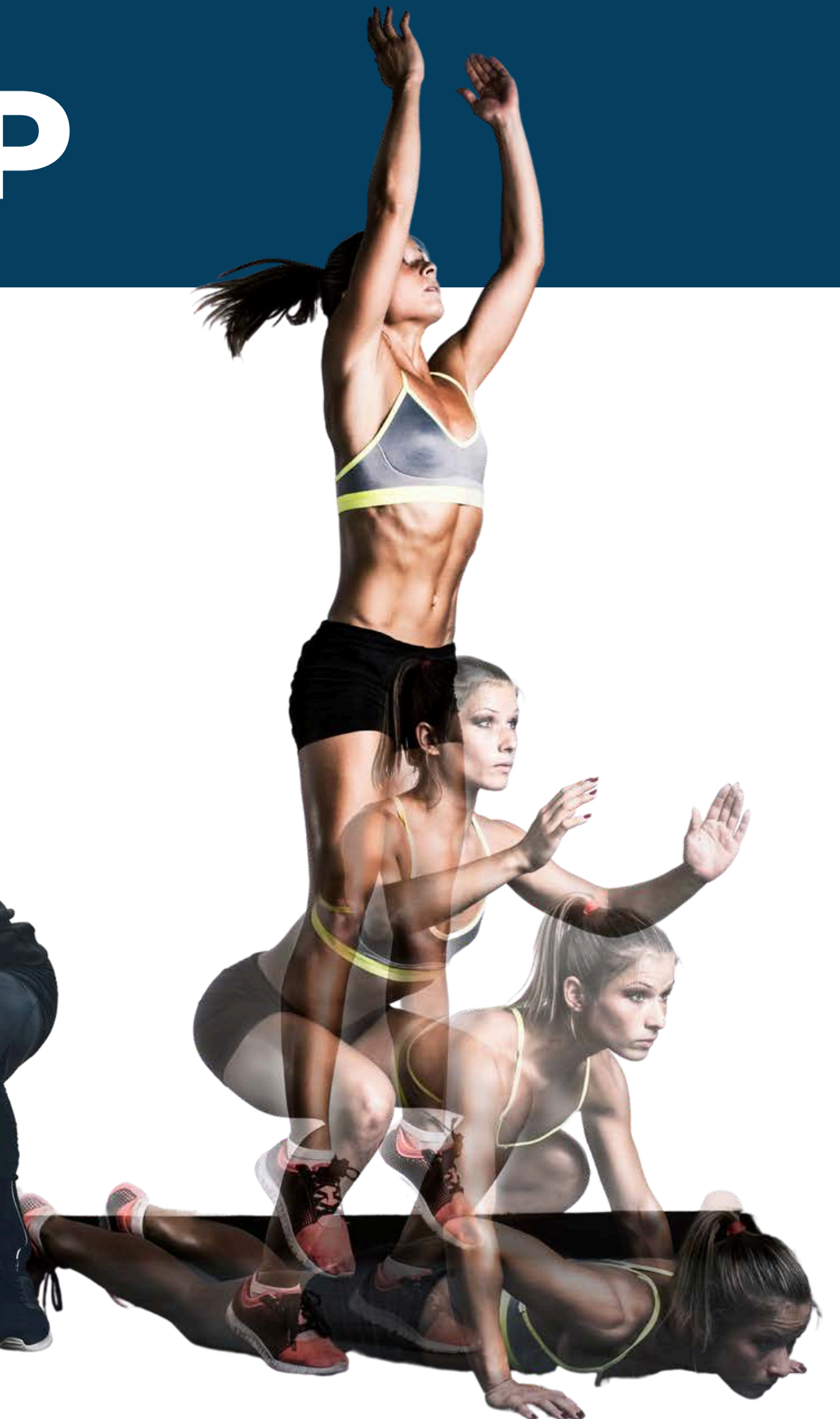
THIS SHOULD ALSO BE COMPLETE STRAIGHT AFTER GAME IF YOU PLAY LESS THAN 50 MINUTES

CIRCUIT GYM WEIGHT TOP UP



REST BETWEEN EACH EXERCISE FOR 20 SEC.
THEN REST FOR 2 MINS AND REPEAT AGAIN

- 30 SEC BALL SLAMS
- 30 SEC PRESS UPS
- 30 SECOND WALL SIT
- 30 SEC BODY WEIGHT SQUATS
- 30 SEC PLANKS
- 30 SEC BURPEES



LUNCH



YOUR LUNCH SHOULD CONTAIN A LARGE AMOUNT OF CARBOHYDRATES (AT LEAST HALF) IN ORDER TO CONTINUE TO PROVIDE FUEL TO YOUR MUSCLES.

WHILE YOUR CHOICES AVAILABLE AT SCHOOL MAY BE LIMITED THIS DOES NOT PROVIDE AN EXCUSE TO EAT 'POOR CHOICES' OR BUY PROCESSED FOOD FROM A LOCAL SHOP.

A HEALTHY, NUTRITIOUS LUNCH CAN BE QUICKLY AND EASILY PREPARED THE NIGHT BEFORE AND REMOVED FROM THE FRIDGE BEFORE YOU LEAVE FOR SCHOOL.



HEALTHY ROLLS, WRAPS, SANDWICHES, PITTA BREADS, TOASTIE, PANINI, BAKED POTATO, PASTA DISH

DINNER



AFTER A DAY OF SINGLE OR DOUBLE SESSIONS, IT IS IMPORTANT THAT YOUR EVENING MEAL IS A QUALITY ONE TO SPEED UP RECOVERY FOR THE FOLLOWING DAY'S TRAINING.

CHOOSE SINGLE INGREDIENT FOODS AND IF POSSIBLE MAKE RECIPES FROM SCRATCH. EVENING MEALS CAN BE MADE IN BULK AND LEFTOVERS CAN BE FROZEN IN ORDER TO MAKE FUTURE MEALS MORE CONVENIENT TO PREPARE.



RECOMMENDED DINNER (SIMPLE EASY TO MAKE CHOICES)

- ANY MEAT SALAD (CHICKEN, BEEF OR FISH) SERVED WITH NEW POTATOES
- SALADS CAN INCLUDE ANYTHING SUCH AS CUCUMBER, BEETROOT, TOMATOES, ONIONS, PEPPERS, MUSHROOMS, LETTUCE, SPINACH, FRUITS
- RED MEAT (BEEF, VENISON, EXOTIC MEATS) SWEET POTATO AND GREEN VEGETABLES
- BROCCOLI, CABBAGE, SPINACH, ASPARAGUS, GREEN BEANS AND PEAS ARE GREAT VEGETABLE OPTIONS – CONSUME 200G OF VEGETABLES PER MEAL.
- CHICKEN STIR FRY SERVE WITH RICE OR NOODLES. ADD ANY VEGETABLES, FOR A SAUCE MIX SOY, HONEY, GINGER, GARLIC, CHILLI AND BLACK PEPPER.
- CHICKEN, PASTA AND TOMATO BASED SAUCE

DAYTIME SNACKS



- FRUIT - ANY
- NUTS - ANY (UNSALTED)
- PORRIDGE WITH HONEY
- RYVITA WITH HUMMUS
- RICE CAKES (SPREAD ON PHILADELPHIA CHEESE OR PEANUT BUTTER)
- YOGHURTS
- BAGELS, PITA, TOASTED BREAD (SPREAD ON PHILADELPHIA CHEESE OR PEANUT BUTTER)



GAME DAY



PRE-GAME SNACKS

- DRIED FRUIT IS A GREAT SOURCE OF DELIVERING CARBOHYDRATES MAKING IT PERFECT FOR A PRE-MATCH ENERGY BOOST. DRIED FRUITS ARE HIGH IN NATURAL SUGARS AND HAVE A SIMILAR EFFECT TO ENERGY GELS.
- CEREAL BARS AND FIG ROLLS ARE IDEAL FOR BUILDING UP TO THE GAME, JUST BEFORE KICK-OFF SUGARY SWEETS SUCH AS HARIBO'S USED TO BE EATEN BUT IT IS NOW UNSURE HOW EFFECTIVE THESE ARE. TRY TO CONSUME AN ISOTONIC HYDRATION DRINK BEFORE THE GAME OR WATER IF YOU PREFER.
- MAKE SURE YOU TRY OUT ANY PRE-MATCH ROUTINE IN TRAINING BEFORE AN ACTUAL MATCH.

HALF TIME

- A BANANA PROVIDES HIGH LEVELS OF POTASSIUM IN ADDITION TO GLUCOSE AND FRUCTOSE (FRUIT SUGAR) WHICH ARE QUICKLY USED BY THE BODY.
- RESEARCH HAS SUGGESTED THAT THIS COMBINATION OF SUGARS HELPS WITH BETTER FLUID DELIVERY MEANING BETTER ABSORPTION OF CARBOHYDRATES.
- ISOTONIC ENERGY GELS, FIG ROLLS, AND JAFFA CAKES ARE ALL OTHER OPTIONS THAT CAN BE CONSUMED AT HALFTIME IN ADDITION TO ISOTONIC FLUIDS OR WATER. DON'T DRINK TOO MUCH THOUGH.

EXAMPLE 3PM KICK OFF



AS KICK OFF TIME VARIES, SO SHOULD YOUR EATING STRATEGY THE DAY OF A MATCH. WHEN YOU WAKE UP YOU SHOULD HAVE A LIGHT BREAKFAST, BEFORE EATING A LARGER PRE-MATCH MEAL NO LATER THAN 3 HOURS BEFORE KICK OFF. THE PRE-MATCHMEAL SHOULD AIM TO PROVIDE YOU WITH ENOUGH ENERGY TO FUEL YOUR PERFORMANCE THAT AFTER NOON WITHOUT EATING TOO MUCH! IF YOU EAT TOO MUCH, BLOOD WILL HAVE TO FLOW TO YOUR STOMACH DURING THE MATCH INSTEAD OF THE MUSCLES WHICH ARE WORKING.

BREAKFAST: 8:00 AM - 9:00 AM (LIGHT OPTIONS)

ALL BRAN FRUIT & FIBER WITH MILK **OR**
PORRIDGE WITH SEMI-SKIMMED MILK AND BERRIES **OR**
WHOLEGRAIN TOAST WITH PEANUT BUTTER & HONEY

PRE-GAME MATCH MEAL (3 HOURS BEFORE KICK OFF)

LARGE BAKED SWEET POTATO WITH BAKED BEANS/TUNA **OR**
WHOLEGRAIN PASTA WITH CHICKEN, PEPPERS & MUSHROOMS **OR**
QUNIOA SALAD WITH TURKEY/SALMON/TUNA

HALF TIME SNACK

BANANA/ORANGE **OR**
JAFFA CAKES **OR**
FIG ROLL

AFTER-MATCH (WITHIN 20 MINUTES OF FULL TIME)

SMALL BAGEL WITH PEANUT BUTTER **OR**
MILKSHAKE E.G. YAZOO **OR**
CEREAL/BREAKFAST BAR HIGH IN PROTEIN

DINNER 5:30 PM - 6:30 PM

MEXICAN FAJITAS WITH WHOLEGRAIN WRAPS **OR**
PRAWN STIR FRY WITH WHOLEGRAIN RICE/NOODLES **OR**
WHOLE WHEAT SPAGHETTI BOLOGNAISE

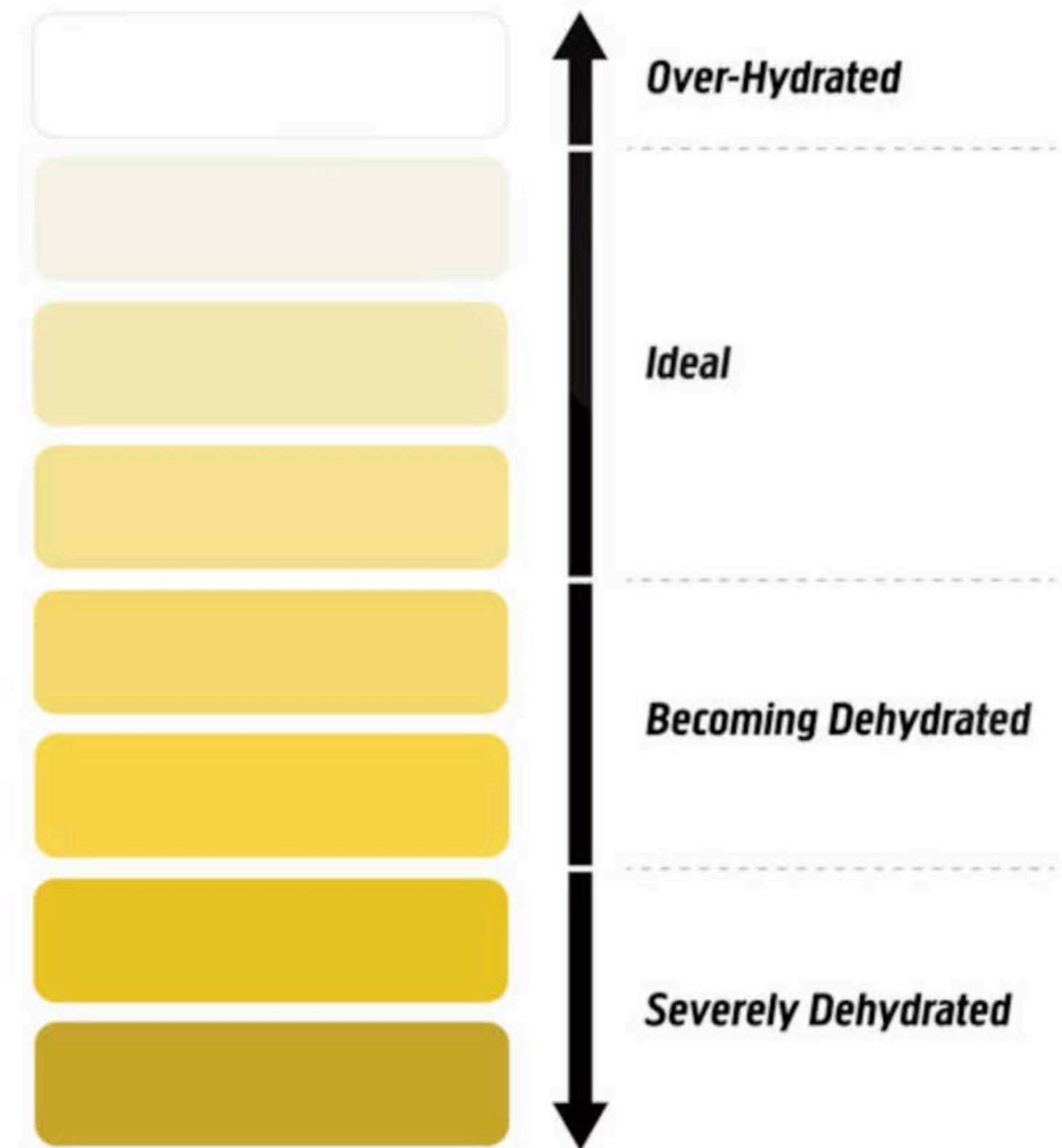
EVENING SNACK 8:30 PM - 9:30 PM

WHOLE GRAIN BAGEL WITH PEANUT BUTTER & BANANA **OR**
WHOLE WHEAT OATCAKES WITH COTTAGE CHEESE/HUMMUS **OR**
NATURAL YOGHURT WITH GRANOLA

HYDRATION



- A QUICK AND EASY WAY TO TEST IF YOU ARE DEHYDRATED IS TO CHECK THE COLOUR OF YOUR URINE. IT SHOULD BE A PALE STRAW COLOUR TO INDICATE GOOD LEVELS OF HYDRATION. CHECK THIS ON THE CHART.
- YOU SHOULD DRINK PLENTY OF WATER EACH DAY AND LIMIT THE NUMBER OF TEAS OR COFFEES YOU HAVE (DON'T DRINK CAFFEINE AFTER 5 PM IT MAY AFFECT YOUR SLEEPING PATTERNS AND QUALITY OF SLEEP). BEFORE AND DURING TRAINING OR A MATCH DRINK DILUTED (AROUND HALF) POWERADE OR LUCOZADE SPORT MILK OR A MILKSHAKE SUCH AS A YAZOO SHOULD BE TAKEN AFTER TRAINING TO HELP RECOVERY.
- STAY AWAY FROM FIZZY DRINKS, AND ENERGY DRINKS SUCH AS CANS OF RED BULL, MONSTER ETC.



RECOVERY THE SIMPLE WAY



A STUDY REVEALED THAT THE FOLLOWING HELPED ATHLETES RECOVER THE FASTEST

- NUTRITION (97% OF RESPONDENTS)
- SLEEP (95%)
- COLD-WATER IMMERSION AND CONTRAST WATER THERAPY
- ACTIVE RECOVERY (81%)
- COMPRESSION GARMENTS (22%)

RECOVERY THE SIMPLE WAY



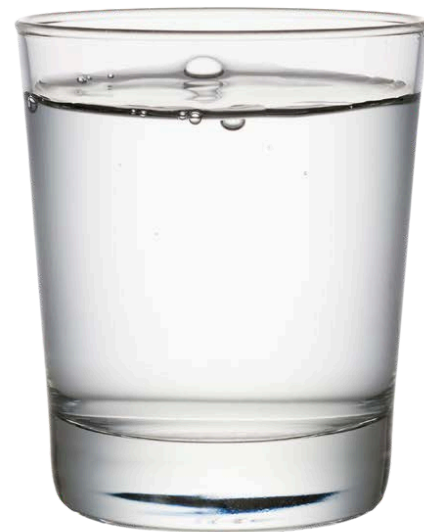
- JUMP ON AN EXERCISE BIKE FOR 30 MINUTES OR GO FOR A RELAXING SWIM TO SOOTHE YOUR MUSCLES. YOU COULD ALSO ATTEND A YOGA OR PILATES CLASS TO IMPROVE YOUR MOBILITY AND AGILITY DURING YOUR RECOVERY DAY.
- 90 MINUTES OF GRUELING FOOTBALL WILL TAKE A LOT OUT OF YOUR BODY AND THAT'S WHY IT IS SO IMPORTANT TO REPLENISH ALL THE NUTRIENTS AND ENERGY THAT YOU'VE LOST. THE REFUELING PROCESS SHOULD BEGIN WITHIN 30 MINUTES OF YOUR WARM-DOWN FINISHING AND SHOULD START BY FOCUSING ON MUSCLE REPAIR. YOUR BODY NEEDS PROTEIN AND CARBOHYDRATES, SO SOMETHING LIKE CHOCOLATE MILK IS PERFECT FOR SUPPLYING BOTH OF THOSE IN ONE HIT.
- THE WARM-DOWN IS ARGUABLY THE MOST IMPORTANT COMPONENT OF AFTER-FOOTBALL RECOVERY. IT WORKS ALL THE LACTIC ACID OUT OF YOUR MUSCLES, REDUCING STIFFNESS AND LEAVING YOU LESS SUSCEPTIBLE TO INJURY NEXT TIME YOU STEP ONTO A PITCH.



RECOVERY THE SIMPLE WAY



END OF THE MATCH



HYDRATION



TART CHERRY JUICE



CHOCOLATE MILK



SLEEP



COMPRESSION
GARMENTS



MEAL



COLD
BATH