ROWER FUEL GUIDE

SIMPLE STRATEGIES TO FUEL TRAINING, RECOVERY & PERFORMANCE

BEFORE TRAINING

Goal: convenient, easy to digest, carbs for energy

Muesli bar + banana

2 x fruit puree pouches

Toast with peanut butter + banana

2 x crumpets with honey or jam

Cereal + milk + honey

DURING TRAINING

Goal: fast carbs for fast energy (60–90g carbs per hour)

Sports drinks + powders

Fresh fruit + dried fruit

Bars + chews

Lollies

Crackers/pretzels

AFTER TRAINING

Goal: refuel energy stores (carbs), repair muscle (protein), rehydrate (fluid + electrolytes)

TIP

Drink a flavoured milk within 30 minutes of finishing your session, then eat a performance plate within 1-2 hours

PERFORMANCE PLATE

½ CARBS

Your main fuel source for training and racing.

Choose mostly whole food sources.

Examples:

rice, pasta, oats, bread, potato, quinoa, bagels, fruit

¼ FRUIT/VEG

For vitamins, minerals, antioxidants and gut health.

The more colour, the better.

¼ PROTEIN

Supports muscle repair, recovery and adaptation.

Examples:

meat, fish, eggs, dairy, tofu, legumes

HEAVY TRAINING DAY?

Increase the carb portion to match your training load.

REST / LIGHT DAY?

Scale carbs back slightly and keep veggies high.

MOST ROWERS DON'T NEED MORE PROTEIN – THEY NEED MORE CARBS.

star physio
expert care for everyone

Donna Kimpton
Accredited Sports Dietitian

West Perth Clinic
(08) 6424 9578

Mosman Park Clinic
(08) 9383 3570

NEED 1:1 SUPPORT?

Book an appointment online.

starphysiowa.com.au

Eat enough today to back up tomorrow.