

# EATING *for* PERFORMANCE DURING EVENT



## **During event nutrition**

AFL requires you to perform at a high intensity for 88 minutes, therefore it's important to keep up fluids as well as carbohydrates in the body. This is very specific to the individual. Drinking water during the event should be ad lib, recent studies have shown that with slight dehydration it can actually improve your performance, this is because you are at a lower body weight (because you have to carry less water).

Small amounts of carbohydrates can be consumed in the quarter breaks such as a range of sports drinks, or sports gels (high levels only).

