

# SOCAL

## NUTRITION GUIDE

### Sports Performance + Practice

This guide provides simple, science-backed nutrition strategies to help volleyball players get the most out of their back-to-back sports performance workout and practice sessions by optimizing energy, performance, and recovery.

### 2-3 Hours Before Workout (Pre-Training Meal)

**Why?** Provides **sustained energy** for strength training and volleyball.

**What?** A **balanced meal with carbs, protein, and healthy fats.**

- Grilled chicken + quinoa + roasted vegetables
- Oatmeal + almond butter + banana + Greek yogurt
- Whole wheat wrap with turkey, avocado, and spinach
- Scrambled eggs + whole grain toast + side of berries
- Smoothie (whey protein + almond milk + banana + oats + peanut butter)

💡 **Hydrate!** Drink at least **16-20 oz of water** before training.

### 30-60 Minutes Before Workout (Light Snack - Optional)

**Why?** A light, quick-digesting snack to **boost energy without heaviness.**

**What?** A **small, carb-based snack with a little protein.**

- Banana + peanut butter
- Low-fat Greek yogurt + granola
- Whole grain toast + honey
- Handful of pretzels + string cheese

💡 **Avoid:** Heavy meals, greasy foods, and excessive sugar.

### During Workout (50-Min Sports Performance Workout)

**Why?** Maintain **hydration and muscle endurance.**

- **Water:** 4-8 oz every 15-20 minutes
- **Electrolytes (if sweating heavily or in hot conditions)**

Water is usually enough for practices, but if sweating heavily, training intensely, electrolyte drinks or sodium-rich snacks (pretzels, broth) can help maintain balance.

### Between Workout & Practice (Quick Fuel - 10-15 Min Window)

**Why?** Replenish **muscle glycogen and prevent energy crashes.**

**What?** A **fast-digesting snack with carbs + a bit of protein.**

- Protein shake + banana
- Energy bar (low sugar, whole-food based)
- Whole wheat toast + almond butter
- Low-fat Greek yogurt + berries

💡 **Avoid:** Large meals or excess fiber that could cause bloating.

### During Volleyball Practice (1 Hr 45 Min Session)

**Why?** Prevent **fatigue, dehydration, and muscle cramps.**

- **Sip 4-8 oz of water every 15-20 minutes.**
- **Electrolytes or a sports drink** if sweating heavily.
- **Small carb-based snack if needed:** A handful of pretzels, fruit slices, or a granola bar.

### Within 30-60 Min. After Practice (Post-Workout Recovery Meal)

**Why?** Supports **muscle repair, glycogen replenishment, and reduces soreness.**

**What?** A **protein + carb meal or snack for optimal recovery.**

- Protein smoothie (protein + banana + almond milk)
- Turkey sandwich on whole wheat + side of fruit
- Rice + lean protein (chicken, turkey, tofu) + steamed vegetables
- Scrambled eggs + wheat toast + 1/4 of avocado
- Low-fat Greek yogurt + mixed berries + granola

💡 **Rehydrate:** Drink **24-32 oz of water** post-practice.

## Key Takeaways

- **Pre-Workout = Fuel Strength & Endurance:** Balanced meal 2-3 hrs before, light snack 30-45 min before.
- **Between Sessions = Quick Energy Boost:** Small carb + protein snack.
- **During = Hydration is Key:** Water + electrolytes if sweating a lot.
- **Post-Practice = Maximize Recovery:** Protein + carbs to repair muscles.

**Disclaimer:** This nutrition guide is for general informational purposes only and is not intended as medical advice.