

# FUELING A FOOTBALL MATCH

 THIS NUTRITION PLAN IS BASED ON A **90' MATCH** (+30' WARM-UP)

## MATCH DAY -1<sup>d</sup>

500g to 600g carbs

Min. 2 Liter fluids



Include a (low-fiber) carb source such as cereal, bread, pasta, rice... with every meal. Incorporate 3 high carb snacks in your meal plan such as the **6d ENERGY CAKE\***. Hydrate with drinks that provide both carbohydrates and electrolytes such as the **6d ENERGY SPORTS DRINK**.

## PRE-MATCH MEAL -3<sup>H</sup>

150g to 200g carbs

500-750 ml fluids



Stick to foods you are used to eat. Focus on (low-fiber) high carb foods such as cereal, bread, jam, pancakes, pasta, rice... Incorporate liquid carbohydrates such as the **6d ENERGY SPORTS DRINK** when you have difficulties eating enough carbohydrates. Take one **6d NITRATE SHOT** immediately after this meal.

## BEFORE

CHEW MIN. 10'



ONLY IF HUNGRY

ENERGY BAR\*



CAFFEINE GUM

## RACE

 **±40G CARBS/H**  
+MIN. 225MG SODIUM

Substitutes should stay properly hydrated and make use of the **6d CAFFEINE GUM** and **6d ISOGEL** during their warm-up before coming on!

## AFTER

IN CASE OF EXTRA TIME



NO EXTRA WATER NEEDED FOR OPTIMAL ABSORPTION

ISOGEL  
(+ CAFFEINE)



(ISOGEL)



WITHIN 30'

RECOVERY SHAKE



Drink 500ml **6d HYDRO/ORS**, or what you can tolerate, in the final hour before the race.

- normal weather: 1 stickpack / 500ml (HYDRO)
- hot & humid weather: 2 stickpacks / 500ml (ORS)



Drink 250ml **6d ENERGY SPORTS DRINK** before heading out for the 1st Half. Drink 250ml **6d ENERGY SPORTS DRINK** at the end of the halftime break. Drink extra water when feeling thirsty.



### OPTIMIZE YOUR RECOVERY!

Consume 1 serving of **6d NIGHT PROTEIN** 30 minutes before bedtime on race day and race day +1d to aid recovery while sleeping!



### TRAIN THE GUT !

Never try a new nutrition plan for the first time during your race! In the final weeks leading up to the race, pick one longer training session per week, and practice your race nutrition plan to make sure your stomach and intestines are accustomed to your race day nutrition plan!



(\* = Apart from the suggested product, you are free to replace this product with another high carb snack such as the 6d Energy Fruit, 6d Energy Nougat or other products from the 6d bars & bites range) There are multiple ways to fuel your football match, this is just one example. Contact [info@6dsportsnutrition.com](mailto:info@6dsportsnutrition.com) for additional questions.