



ACADEMY PREPAREDNESS – NUTRITION AND HYDRATION

Nutrition:

The right nutrition is needed to prepare the body for the 7-week journey that it will experience. Think marathon training. For many, this will be the first time that you must eat deliberately. Intentional eating is critical to successfully complete the Academy. Candidates should prepare 1 month prior to the start of the program.

Here are some recommendations:

- Focus on easily digestible carbohydrates and proteins to fuel high-exertion activity and support recovery
- Eat a balanced meal with complex carbohydrates (e.g. oatmeal or whole wheat toast) and some protein (e.g. peanut butter or eggs) 1-3 hours before exertion
- Eat a small easily digestible carbohydrate snack (e.g. banana or energy bar) 30 - 60 minutes before exertion
- Low exertion days: Water alone is sufficient
- High exertion days: 30-60g of carbohydrates per hour (fruit or sports gels)
- Have a snack with carbohydrates and protein (15-25g of protein) 30 - 60 minutes after exertion to aid in recovery (e.g. chocolate milk or smoothie)

Hydration:

Proper hydration is very important. Candidates should begin hydrating protocols at least 1 month prior to starting the Academy.

Prior to Academy:

- As a general rule, males should drink around 125 ounces of water per day, females should drink around 91 ounces of water per day (reference Mayo Clinic). Your body is intelligent. When you are thirsty, drink water.

During Academy:

- Weigh yourself at the beginning of each day
- Drink 17-20 ounces of water about 2-4 hours prior to high exertion
- During exertion, aim for about 7-10 ounces of water every 10-20 minutes
- After exertion aim 16-24 ounces of fluid for every pound of body weight lost
- Drink beyond thirst during high exertion
- Use body weight and urine color to determine hydration status
- Use stimulants like coffee, soda, energy drinks in moderation

