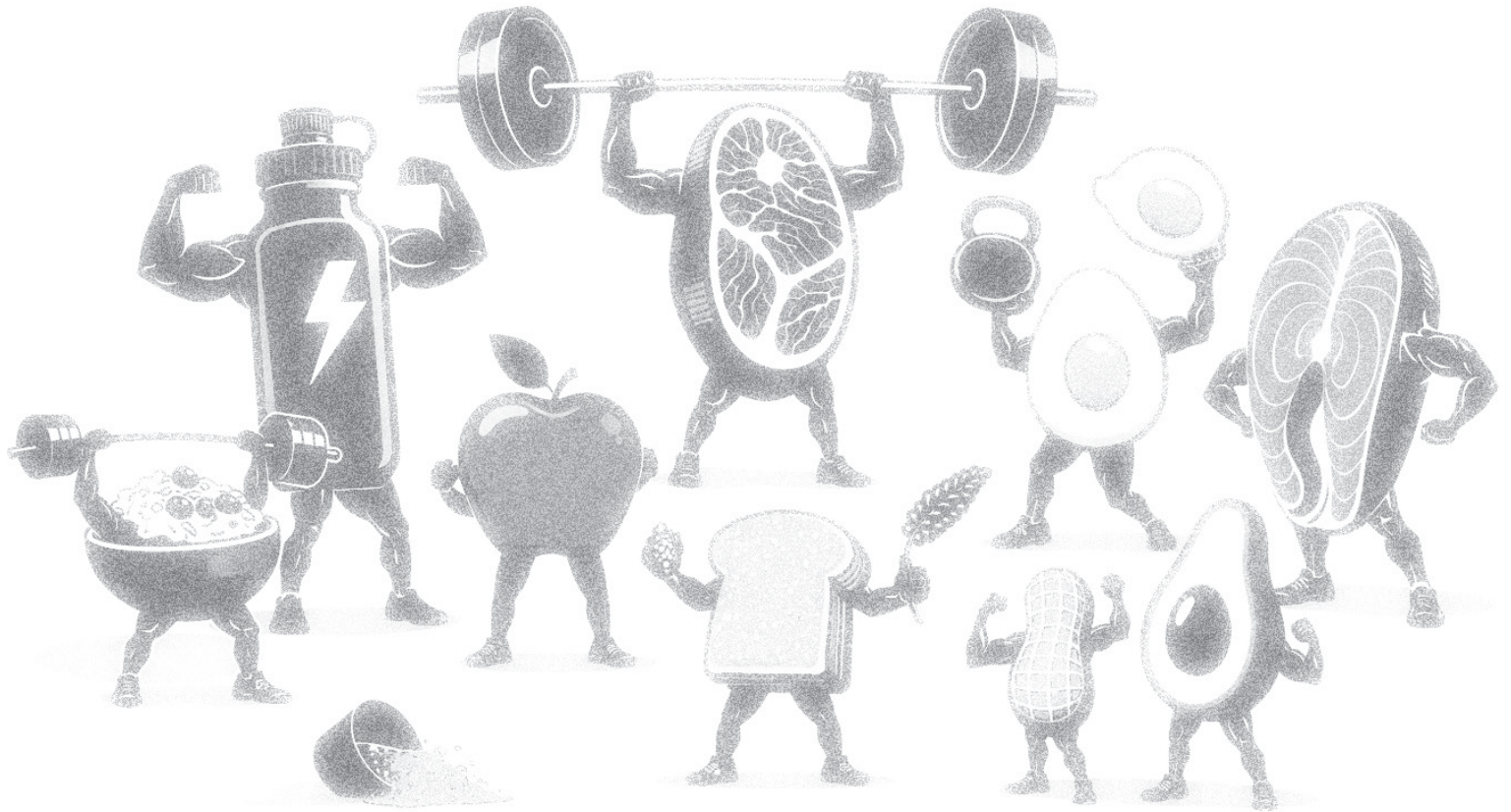


The Athlete's Nutrition Playbook

Fueling the Engine for Elite Performance



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Food is Fuel

Your body is a high-performance engine. Training provides the stimulus, but the food you eat is the fuel that allows that engine to run, rebuild, and improve. Proper nutrition is the difference between an engine that sputters and one that dominates.

- **Performance:** The right fuel allows you to train harder.
- **Recovery:** Nutrition repairs and rebuilds muscle tissue.
- **Injury Prevention:** A well-fueled body is more resilient.
- **Composition:** Eating right builds lean muscle and optimizes weight.

Understanding Macronutrients

1. Carbohydrates: The Energy Source

The primary and most efficient fuel for intense training, stored in muscles as glycogen.

- **Complex (Long-term):** Oatmeal, brown rice, sweet potatoes, quinoa.
- **Simple (Quick Energy):** Bananas, white rice, pretzels, sports drinks.

2. Protein: The Rebuilding Blocks

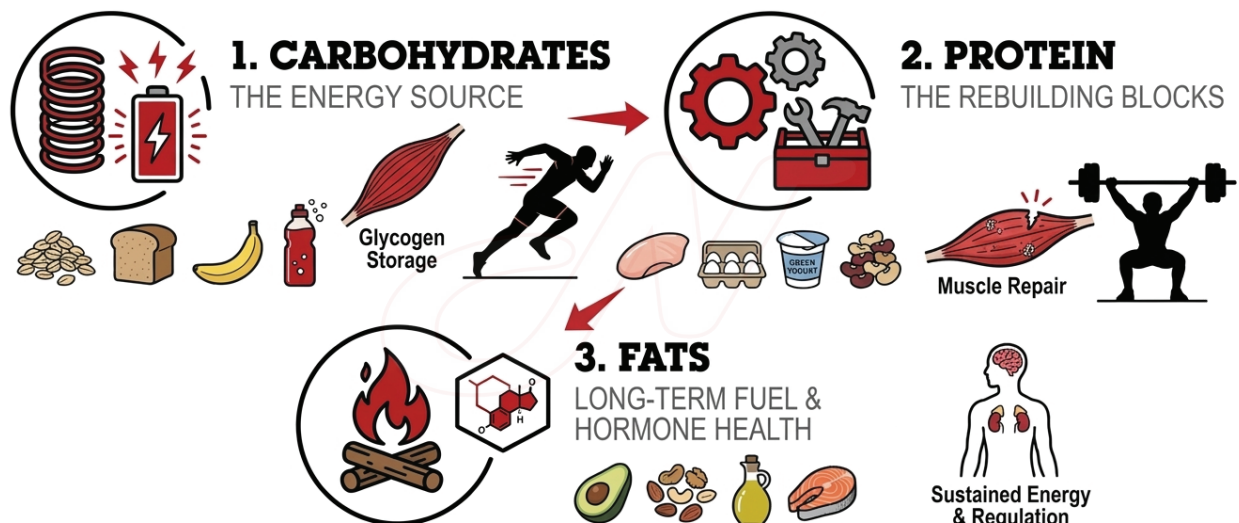
Essential for repairing the “tiny tears” created in muscle tissue during training.

- **Sources:** Chicken, turkey, lean beef, fish, eggs, greek yogurt, beans.

3. Fats: Long-Term Fuel & Hormone Health

Crucial for sustained energy, hormone production, and overall health.

- **Sources:** Avocado, nuts, seeds, olive oil, fatty fish (salmon).



Calculating Your Calorie Needs

1. Basal Metabolic Rate (BMR)

Calories burned at complete rest

- **Calculation:** Body Weight (lbs) x 10 = BMR

2. Apply Activity Multiplier

Multiply BMR by your training frequency to find Total Daily Energy Expenditure (TDEE)

- **Light:** (1-2 days/wk): BMR x 1.3-1.4
- **Moderate:** (3-4 days/wk): BMR x 1.5-1.6
- **Heavy:** (5-7 days/wk): BMR x 1.7-1.8

3. Adjust For Your Goal

- **To Gain Muscle:** Add 300-500 calories to TDEE
- **To Maintain:** Eat at TDEE
- **To Lose Fat:** Subtract 300-500 calories to TDEE

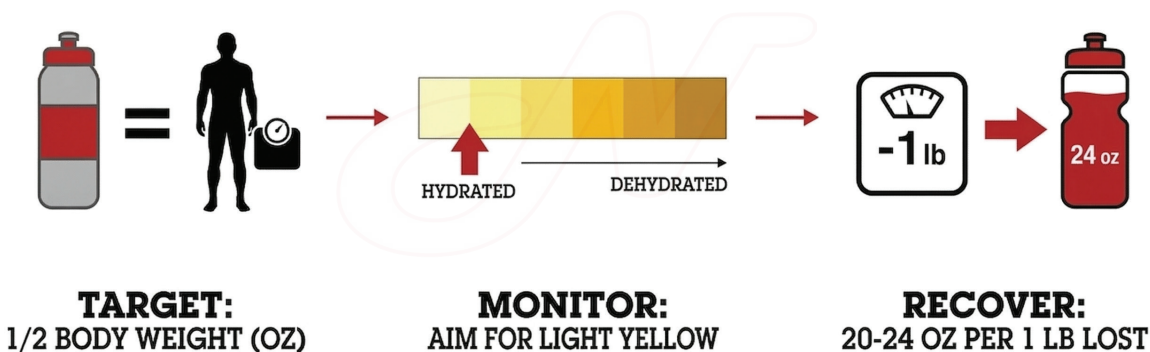
Don't Wait for Thirst:
Thirst is a late indicator of dehydration. Sip water consistently throughout the day, not just when you feel parched.



Hydration: The Performance Multiplier

Dehydration significantly decreases strength, speed, and focus

1 THE TARGET → 2 MONITOR STATUS → 3 THE 20-24 RULE



Nutrient Timing: When to Fuel

Timing

Focus

Example

Pre-Training (1-3 hrs before)

High Carbs/Mod Protein/Low Fat & Fiber

Turkey sandwich or oatmeal with a banana

Post-Training (within 60 min)

Fast-digesting Carbs & Protein 3:1 or 4:1 Ratio

Chocolate Milk or a protein shake with fruit

Game Day (3-4 hrs before)

Familiar, carb-rich meal, Avoid new foods

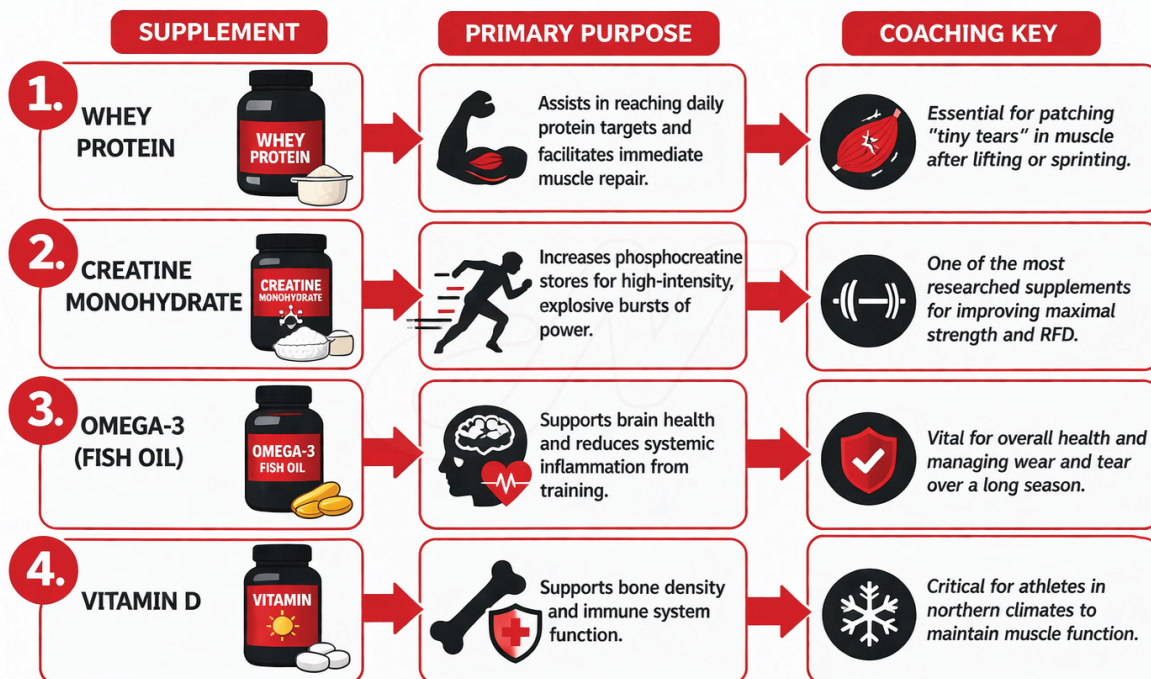
Pancakes or a bagel with peanut butter



Supplements: The “Icing on the Cake”

Before considering supplements, your Foundational Recovery (Sleep, Nutrition, and Hydration) must be 100% dialed in. Supplements are designed to supplement a high-performance diet, not replace it.

Optimizing Performance with Scientific Evidence



Strategic Integration

Protein Timing: If you cannot get a whole-food meal within 60 minutes of training, a whey protein shake is an excellent “Plan B”

Whole Foods First: Always prioritize lean meats, eggs, and Greek yogurt before relying on powders

Hydration First: Creatine requires proper cellular hydration to be effective; ensure you are meeting your daily water targets first

Safety & Compliance: High school athletes must only use supplements that are **NSF Certified for Sport** or **Informed-Choice** tested.

- This ensures the product is free of banned substances
- It verifies the label accurately reflects what is inside the bottle