

Sprint & Field Events Nutrition — Print Hand- out

A one-page power nutrition handout for sprinters, jumpers, and throwers covering protein targets, carb needs, and meet-day fueling.

ACCESS

Free resource

AUDIENCE

athlete

READ TIME

3 min

AUDIENCE

Athlete

WHY THIS MATTERS

➦ This is a print-ready visual handout.

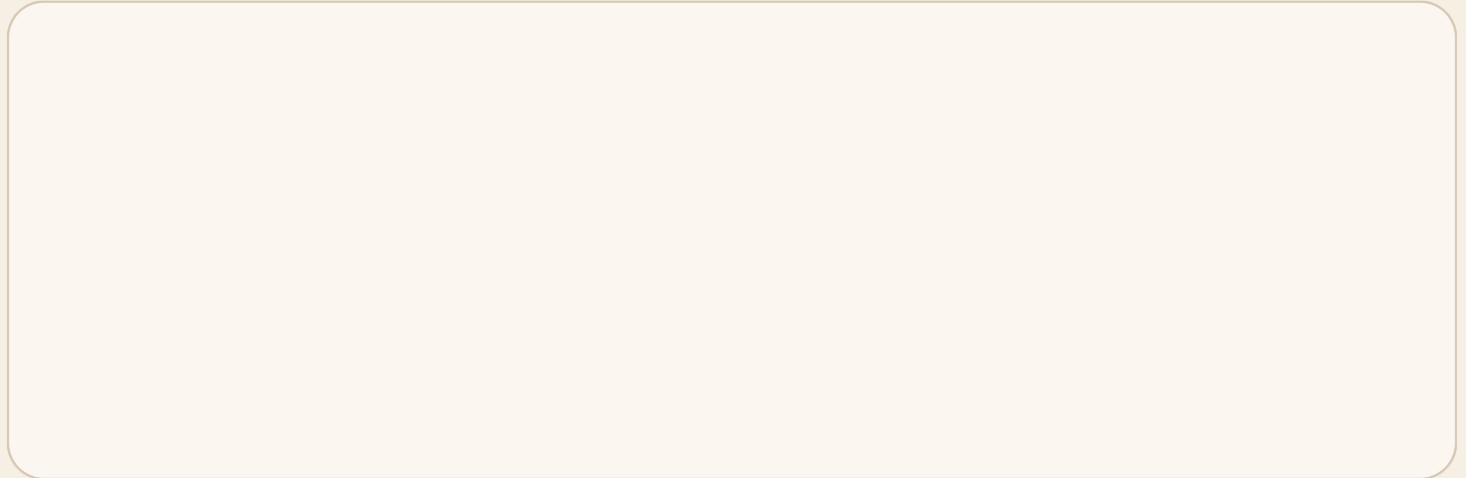


Sprint & Field Events Nutrition — Print Handout

QUICK START

Start here

A one-page power nutrition handout for sprinters, jumpers, and throwers covering protein targets, carb needs, and meet-day fueling.



DAILY BASE

Power athletes still need carbs

- Carbohydrate supports speed sessions, jumps, throws, and heavy lifting alike.
- Skipping carbs often looks like dead legs, poor pop, or low-quality reps.

BEFORE TRAINING

Arrive fueled enough to hit quality work

- Use fruit, bars, crackers, or toast 30-90 minutes before training.
- Pre-lift and pre-track fueling matter just as much as post-workout shakes.

AFTER TRAINING

Recover so the next session still has speed

- Carbs plus protein help refill, repair, and reduce the next-day drop-off.
- Chocolate milk, a sandwich, or rice plus chicken all work.

Do This Now

- Hit 1.4–1.7 g protein/kg daily for muscle power and repair
- Carbs still matter: 5–7 g/kg for sprinters, 3–5 g/kg for throwers
- Creatine monohydrate (3–5g/day) is effective for explosive events (adults 18+; discuss with physician)

Timing

****3 HRS BEFORE**

**** Eggs + toast + fruit**

****1 HR BEFORE**

**** Banana or fig bar**

****BETWEEN EVENTS AT A MEET**

**** PB crackers + water**

****AFTER**

**** 25–30g protein within 1 hr**

WATCH FOR

Common Mistakes

— Luke Rodriguez, MS, RDN

— Luke Rodriguez, MS, RDN

- Eating like a distance runner — sprinters need MORE protein
- Thinking creatine is a steroid (it's the most studied supplement)
- Skipping carbs because "sprinters don't need endurance fuel" (wrong)

QUICK REFERENCE

Key targets to keep in view

Use these as planning anchors when you turn the manual into weekly actions.

3 MEALS

minimum daily base

Treat this as a decision anchor, not a trivia stat.

SNACK SUPPORT

before and after training

Treat this as a decision anchor, not a trivia stat.

PROTEIN SPREAD

across the full day

Treat this as a decision anchor, not a trivia stat.

COACH TAKEAWAYS

Best fit

These are the cues worth repeating before the week gets busy.

Daily anchors: Breakfast, lunch, dinner.

Pre-practice and recovery snack.

Best plate: Carbs on the plate every day.

Protein spread across meals.

Watch for: Flat warm-ups.

Low pop, low mood, or stalled lifts.

COACHING EMPHASIS

What to reinforce with athletes this week

Explosive athletes need enough food to stay explosive all week, not just on meet day.

- Carbohydrate supports speed sessions, jumps, throws, and heavy lifting alike.
- Use fruit, bars, crackers, or toast 30-90 minutes before training.
- Carbs plus protein help refill, repair, and reduce the next-day drop-off.
- Explosive athletes need enough food to stay explosive all week, not just on meet day.

TAKEAWAY

Coach bottom line

Explosive athletes need enough food to stay explosive all week, not just on meet day.

- When a sprinter or thrower looks flat, check total daily intake before you change the workout.

COACH CUES

Field reference

Use these short cues when you need to turn the manual into a quick conversation or decision.

PRIMARY FOCUS

Printable Handouts

A one-page power nutrition handout for sprinters, jumpers, and throwers covering protein targets,...

THIS WEEK'S CUE

When a sprinter or thrower looks flat, check total daily intake before you change the workout.

Use this sentence in the next team conversation.

KEY THEMES

handout • printable • pdf • sprint nutrition

These are the anchors to reinforce, not the entire lecture.

BEST FOLLOW-UP

Open the handout with your team

Use the printable handout to keep the message simple.

WHAT TO DO NEXT**Use it this week**

When a sprinter or thrower looks flat, check total daily intake before you change the workout.

BOTTOM LINE

Explosive athletes need enough food to stay explosive all week, not just on meet day.

Source topics: [handout](#) • [printable](#) • [pdf](#) • [sprint nutrition](#) • [field events](#) • [power athlete fueling](#)