

Sleep

It is recommended that you get at least 9 hours sleep per night but in a regatta situation you should be looking to get a good 10-11 hours in between racing days.

If you think you will have trouble getting to bed at 9.30 or 10.00 the night before racing then you need to adjust your sleeping pattern a few days beforehand. Start getting to bed earlier from Wednesday onwards.

Note: If you are to get the most out of your training you need to push your performance as much as you do in racing if not more. This means 10 hours sleep is a necessity.

Nutrition

Carbohydrates give you energy.

Simple Carbohydrates	Complex Carbohydrates
Sugar	Rice
Jam/Honey/Syrup	Noodles
Chocolate	Pasta
Ice cream	Bread /Floury foods
Jelly beans	Potato /Vegetables
Jelly	Cereal /Muesli bar
Cordial	Porridge
Fruit Juice	Bananas /Fruit

Q: Which Carbohydrates should I eat more of?

	Simple Carbohydrate.	Complex Carbohydrate.
Advantages	<ul style="list-style-type: none">• Gives energy quickly• Not as bulky as other foods	<ul style="list-style-type: none">• Gives energy more slowly but will last a lot longer.• Contains a lot of important vitamins, minerals and fibre.
Disadvantages	<ul style="list-style-type: none">• Need to be care-full of fat content with sweets and confectionary.• Can give you a headache or tiredness if you eat too much at once.	

A: Both types of carbohydrates have their advantages but complex carbohydrates are definitely the healthier option.

Meal Plans

Complex carbohydrates should form the basis of your meal plan. Base all meals and snacks on nutritious carbohydrate rich foods. These foods should take up most of the room on your plate or in your lunch box. No one can tell you exactly what you should be eating, but the fun is in experimenting and finding out what your favourites are.

Some Ideas for Typical training diet

Breakfast	Normal Lunch	Dinner
1. Cereal/fruit	1. Rice/noodle/pasta dish with low fat sauce./fruit	1. Rice/noodle/pasta dish with mixed vegetables + lean meat.
2. Porridge/fruit	2. Sandwiches or rolls with low fat filling/fruit	2. Vegetable dish with extra potato.
3. Toast/honey/juice	3. Scrambled egg/toast/fruit.	3. Fish + pasta/potato.
4. Pancakes + maple syrup		
5. Fruit smoothie		

Racing Lunch

1. Noodle soup/Bananas/Muesli Bar
2. Sandwiches or rolls with low fat filling/Bananas/sports bar
3. Fruit/Sports gel.

Snacks for in your boat

Bananas/oranges/dried fruit
Muesli bar/cereal bar/Breakfast bar
Sports bars/ Carbohydrate gel
Lots of water or a sports drink

Dehydration

Dehydration decreases performance and can be downright dangerous. Unfortunately thirst is not a good indicator of how much fluid you should consume when exercising. By the time you get thirsty significant fluid loss has already occurred. To replenish fluids adequately during exercise you need to drink to a plan rather than thirst.

Even a small fluid deficit (1% body weight) can decrease performance. High levels of dehydration (3-4%) increase the risk of nausea, vomiting, gastrointestinal problems and head illness.

The Plan:

- Drinking enough water is something you need to train to do.
- Buy a few drinks bottles and carry them around with you everywhere.
- If you prefer you can use a weak sports drink or a dilute cordial to help you drink more.
- On the water drink small amounts very regularly, instead of a lot once or twice a day.

1.5L is the minimum amount of water you should be drinking in Ireland, this will keep your body fresh and should also stop you feeling tired so quickly.

Eating before and during a competition. The Do's and Don'ts

Do:

1. Begin to eat more carbohydrates than normal a few days before the regatta. You can do this by eating more regularly and eating more simple carbohydrates.
2. Do stop off at a supermarket and buy your favourite sports bars and sports drinks on the way to the event.
3. Drink lots of water in the build up to an event 1.5L minimum per day and more if it's going to be in a warm country. Take note of the colour of your pee during the day. If it is clear then you have been drinking enough but if it is dark then you should drink more.
4. Keep some small snacks in your boat, to eat between races or on the way in after racing.
5. Eat as much carbohydrate as possible in the 1-hour after racing. After one hour you begin to lose your appetite and may not be able to fully recover glycogen levels for the next days racing. This means eat on the way in and as you de-rig. Then get out of the club as soon as possible for your evening meal; this should be no later than one and a half hours after last race.

Don't:

1. Don't eat a really big fry before your first race.
When your working hard or under pressure your stomach has trouble digesting food, especially a greasy fry or a fatty mars bar. Stick to the carbohydrates.
2. Don't fill up on chocolate bars and crisps between races. Chocolate has simple carbohydrates but it also has a lot of fat which your stomach will have trouble digesting. Crisps are worse, not only are they hard on your tummy but you slide all over them in the boat. If your stomach has trouble digesting something it will draw blood from the rest of your body leaving you feeling cold and tired.
3. Try and eat very simple foods on a regular basis during the regatta, avoid anything you have not tried before, especially if you are abroad.
4. Avoid drinking fizzy drinks before or after racing as they will put more carbon dioxide in your system and slow your recovery rate.

Fitness

Stamina and endurance are what you want in optimist racing. When the last race of a windy weekend is the one that counts your going to need to be able to hike as hard as on the first day of racing, this is why we need to train for stamina.

The survey we did over the weekend showed me that most of you do a few different sports during the week; this will help your overall fitness and health and can be used as part of your endurance training.

FITNESS TRAINING PROGRAMME

From now until the 1st weekend of the pre-qualifiers there are 8 weekends, the next 6 weeks need to be spent getting stamina and fitness.

You need to work your heart rate up to 160 beats per minute and then to start maintain this for 6 minutes. This should be done 3 times a week, whether it is running, swimming, cycling or any other form of activity.

Then when you are comfortable with this take the time up to 8 minutes, then 12 minutes. Two weeks before the trials (your last week of training) you should be able to do 25 minutes twice in the week.

Fitness has proved to be one of the area's where you can gain the most in the Irish Trials. This program works well but you may find you can set the times higher to start.

	Heart Rate	Duration	Repetitions
NEXT 4 WEEKS	160 bpm	6 minutes 8 minutes 12 minutes 14 minutes	3 times a week
WEEK 6	160 bpm	Heart rate 160bpm for 25 min	Twice a week
WEEK 7	160 bpm	REST and Prepare boat!	

Heart Rate:

This is the best indicator of how hard you are working in exercise. It takes into account how you are feeling on the day and how much energy you have. Ideally a heart rate monitor will tell you your bpm (beats per minute) otherwise you can take your pulse at the wrist for one minute. As a guide if you are exercising at 160bpm you will be sweating heavily and you will find the exercise somewhere between strenuous and uncomfortable.

Circuit Training To build Specific Sailing Strength.

Circuit training will help you to build up your hiking muscles and teach them how to work a little bit harder.

This is an example of a short sailing circuit, and can be completed a number of times per week.

- First warm-up for 5-10 min (skipping, jogging,etc)
 - Stretch all major muscles 5-10 min.
1. **Quadriceps:** Standing one leg bend the weight bearing leg slowly. Bend to about 20 degrees and hold for one second. Try 3 sets of 10 for each leg.
 2. **Abdominals:** Lying on back with hands tipping side of head raise yourself up to your knees. When doing this lift you head first then shoulder before lower back so that your back is curved.
 3. **Back:** Lie on Stomach, keeping knees straight raise your left leg and right arm off the ground and hold for 30 seconds repeat on other side. Repeat 2-3 times.
 4. **Wall Sits:** With knees and hips bent to 90 degree, "sit" with your back against a wallans arms folded.Try this for 1 minute to begin with and try and improve every time.

5. Press-ups.

6. Hiking Bench if you have one.