

TRAINING EVALUATION



Body Science, the nutrition behind the World Champion Kiwis and the Vodafone Warriors.



- Training should be constantly measured to ensure continual improvements. Over-training can not be compensated for, by increasing food consumption.
- Does your diet include enough macronutrients to stimulate recovery, growth and sustain energy levels? Insufficient protein and carbohydrate intake slows recovery, hampering improvement.
- Do you consume enough fluids? Maintaining hydration levels is important, to ensure dehydration of the body does not occur.
- Repair and recovery occurs while you sleep. Insufficient sleep will hinder recovery, so needs to be part of your programme.

