

# Improve your Game **fuel**.article

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## Sports nutrition experts offer Army's ruck stars some food for thought

With modern rugby becoming increasingly faster and more physical, sports nutrition is now an integral part of both coaching and training.

It was key to England's success at the World Cup in Australia and teams that embrace nutrition as part of their preparation for matches will continue to reap the rewards in the future.

So, whether you just have a run out for fun or you're playing at a serious level, the following tips can help you improve your personal game ...

### FEEL THE FORCE

Power, how quickly you can apply the body's force, is vital to rugby. Explosive power is essential in key areas of forward play, especially line-out jumping and getting a shove on in the scrum.

For backs it enables initial bursts of speed to break the tackle-line and allow for sudden change of direction and acceleration.

Power training aims to increase the speed at which your body can apply its strength. So the key here is not simple muscle bulk, but muscle efficiency. It is important to build lean muscle, and not take on extra fat. This can be achieved through a natural diet of chicken, tuna and egg white or through supplements such as Whey Isolate.

These products will prove particularly helpful for those with with natural endomorphs (stocky, rounded build with wide shoulders and hips), who can gain fat more easily.



### The ALL BLACKS don't train after 80 minutes

Rugby demands both aerobic and anaerobic endurance to an extraordinary degree.

There is a range of products (carbohydrate drinks and bars) which will help you top up your glycogen (energy) levels before and during training or playing.

If you have a team that consistently struggles to maintain their intensity of performance throughout a match, especially in the last ten minutes, then endurance is an area worth focusing on. Interestingly, the All Blacks don't train for more than 80 minutes a session because after that time the quality of their play begins to fade.

The most rapid replenishment of glycogen occurs within 60-90 minutes after physical activity, so this is a key time to take on protein

and carbohydrates in a bid to aid recovery and improve endurance and stamina.

### Light Feet

Unfortunately you can't change your body's natural levels of fast twitch fibres which allow you to run fast.

What you can do through is complement speed/sprint training with nutrition, which will in turn work faster.

Some players will also be able to increase their speed by losing excess weight.

### Rapid repair

There is nothing more frustrating than watching from the sidelines, and as niggling injuries often return, the list of benched players tends to grow as the season wears on. Recovering effectively between sessions and taking supplements that work to keep your joints supple using micronutrients can help prevent such injuries.

**Fuel offers free impartial advice and stocks a huge range of sports nutrition brands. For more information visit : [www.fuelsport.co.uk](http://www.fuelsport.co.uk) or call 0800 652 4750.**