Lo2 Instruction Sheet

**Task 1:**

Do an introductory paragraph that explains:

Dietary requirements vary depending on the demands of a particular sport.

**Task 2:**

Explain with examples the diet requirements for an **endurance athlete**

(carbohydrate loading, energy needed for long periods high level of hydration)

[*https://www.bbcgoodfood.com/howto/guide/marathon-training-and-nutrition*](https://www.bbcgoodfood.com/howto/guide/marathon-training-and-nutrition)

Marathon runner, cross country skier, Triathlete, long distance swimmer

Explain with examples the diet requirements for a **short intense sport/ anaerobic activity**

Carbohydrates (not carbohydrate loading) Low fat

Need energy for short, sharp bursts and to aid recovery)

[*https://www.mealplansite.com/sports/runner-short-distance.aspx*](https://www.mealplansite.com/sports/runner-short-distance.aspx)

100m sprint, footballer, basketballer, sprint swimmer

Explain with examples the diet requirements for a **strength based activities**

High in protein, 5-7 meals every day. Ideal diet for building muscle mass, limit body fat.

[*https://stronglifts.com/stronglifts-diet-muscle-gains-strength-building-fat-loss/*](https://stronglifts.com/stronglifts-diet-muscle-gains-strength-building-fat-loss/)

Weightlifter, long jumper, shot putter