



Quick Tips Performance Enhancement

01



Ensure you incorporate resistance training within your training programme to enhance endurance performance (www.ncbi.nlm.nih.gov/pubmed/20840561)

02



Consuming moderate amounts of caffeine prior to training/competition (~3 mg/kg of body mass) can enhance performance. The benefits are likely to occur across a range of sports, including endurance and team sports.

03



Try incorporating respiratory muscle training into your training programme to improve the strength and efficiency of the respiratory muscles.

04



Carbohydrates are the muscles preferred fuel during high intensity exercise. Make sure you include regular portions of wholegrain carbohydrates such as oats and rice within your diet.

05



Include high intensity interval training (HIIT) within your training programme to enhance endurance performance. For example, 4-5 x 30s sprints interspersed with 4 minutes active recovery.

06



A number of studies support beetroot juice (dietary nitrate) supplementation as an effective method to improve exercise performance. Experiment with 1-2 70 ml shots 3 hours prior to exercise.

