



# I.R.I.S.H. SPORTS NUTRITION

5 Solid Fundamental Habits = SUCCESS!

## IRISH Eat Often



Aim to eat 3 meals/day with 2-3 snacks. 3-4 hours apart.

This promotes lean muscle growth, assures proper pre-workout fuel and assists with post-workout recovery.

1



## Rest & Recover

Recover as hard as you train:

- Aim for 8-10 hours of sleep a day.
- Eat lots of fruits & veggies to aid in recovery.

- Eat a meal or snack containing carb & protein 15-30 min. post-workout to help with muscle synthesis.

Try these: Chocolate milk, PB &J, Yogurt berry parfait, fruit/vegie/protein smoothie (Greek yogurt, protein powder, frozen fruit, handful of spinach, water or juice)

2

## Include Lean Protein

Lean protein with every meal & snack.

Chicken, Turkey, Fish, Eggs, Cottage Cheese, Greek Yogurt, Beans, Nuts.

LESS LEGS --> MORE LEAN

3

## Hydrate

1/2 body weight in oz of water/day minimum!

BONUS: oz for every lb!  
Always carry a water bottle!



4

## Start with Breakfast!

Break-the-fast!!

Eat within 30 minutes of waking up!

Build a balanced plate:  
Protein + Carb + Color

Here's an idea:

- Omelet with veggies & toast
- PB & J with banana and yogurt

5



# STRENGTH & INJURY PREVENTION PROGRAM

## Training Frequency

(Optional based on time available)

1x/week

Session 1: Whole Body

2x/week

Session 1: Whole Body

Session 2: Lower Body

3x/week

Session 1: Whole Body

Session 2: Lower Body

Session 3: Whole Body



## SESSION 1: WHOLE BODY

No.	Exercise	Sets	Reps	Rest	Tempo	Comments
1	BODYWEIGHT SQUATS or SIT-TO-STAND	3	8 - 12	1:00	Slow	Keeping your head up and the feet flat, squat down as low as possible. Alternatively, rise from a chair and return to being seated.
2	STEP UP WITH HIGH KNEE LIFT	2	15 - 20	1:30	High	Find a step or bottom stair. Place one foot on the step. Step up whilst lifting the opposite leg to a high knee position. Lower and repeat.
3	MOUNTAIN CLIMBERS (HAND ON FLOOR OR CHAIR)	3	10 - 20	1:00	Moderate	bridge on the hands and toes. When ready lift one knee up to touch the elbow. Return. Repeat on the other side. Continue for the desired reps
4	RUNNER TOUCH	2 each side	6 - 8	0:30	Slow	Balance on one leg with the other knee lifted. Slowly drop the non-standing leg behind and try to touch the floor. Return to upright balance
5	HIP BRIDGES	3	20	1:00	Slow	Lying on your back, bend your knees and put your feet flat on the floor. Slowly raise your hips, hold at the top for a 3 count, and lower. Repeat
6	FACE DOWN LYING 'SKYDIVERS'	3	6 - 12	1:00	Slow	Lying face down, hands to the side of the ears. Raise the head, chest and feet off the ground at the same time. Pause at the top and lower. Repeat

## SESSION 2: LOWER BODY

No.	Exercise	Sets	Reps	Rest	Tempo	Comments
1	ALTERNATING BACKWARDS LUNGE	3	8 - 12	1:00	Moderate	Standing erect, step backwards with one foot, placing it behind you. Bend your forward knee and drop into a lunge position. Return
2	SQUAT JUMPS	4	5	1:30	High	Perform a squat movement at high speed such that upon rising out the squat you jump into the air. Land. Reset, and then repeat.
3	SIDE LYING 'CLAMS'	3	10 each	0:30	Moderate	Lying on your side, bend both knees together. Keeping the feet touching raise the top knee into the air, opening the gap between your knees.
4	SIDE LYING TOP LEG LIFTS (STRAIGHT LEG)	3	10 each	0:30	Moderate	Lying on your side, bottom leg bent, and top leg straight. Keep the body still, and working from the hip raise the top leg into the air, and lower
5	SINGLE LEG SIT TO STAND	3	8 - 12 each	1:00	Moderate	Sit on a dining chair, with 1 foot on the ground, the other raised. Slowly lean forwards, and using 1 leg rise to standing. Lower and repeat.

### SESSION 3: WHOLE BODY

No.	Exercise	Sets	Reps	Rest	Tempo	Comments
1	SPEED SQUATS	4	15 - 20	1:30	High	Keeping feet flat on the floor perform squat movements at a high tempo with speed continuously for the required repetitions.
2	FACE-UP STRAIGHT LEG RAISE (SINGLE OR DOUBLE)	3	6 - 15	1:00	Moderate	Lying on your back, legs out straight. Slowly raise straight legs up into the air up to 12 o'clock. Slowly lower. Repeat
3	SIDE LUNGE	2	10 each	1:00	Moderate	Standing erect, facing forwards, step sideways with one leg. Plant the foot and then flex the knee to drop into a side lunge. Return to start.
4	WALKING ON TIP TOES (FORWARDS & BACK)	3	1min	0:45	Slow	Find a hallway or space. Raise up onto your tip toes and walk forwards then back over 15yds for 1min
5	CONTINUOUS STAIR WALKING	3	1min	2:00	Moderate	Find a flight of stairs. Start a timer for 1min, and walk continuously up and down the stairs for the full minute. Try to maintain the same pace.
6	WINDSHIELD WIPERS'	3	6 - 12	1:00	Slow	Lying on your back, arms out to the side and knees bent at 90 degrees to the chest. Lower to the right side, then raise and lower to the left.

