



## LONG DISTANCE TRAVEL

### Targets:

- Minimize jet lag
- Maintain training diet

### Before travel (at least three days):

Check what food, if any, will be available during travel. Talk to travel organizers (sport organization, team organizers, coach, or manager). If possible, order special meals in advance.

### Preparation and travel:

Pack and carry a personal "SNAC-Pac" (full water bottles, sandwiches or cold meals, fruit and/or vegetable juices, fresh fruit, high carbohydrate snacks such as dried fruit, crackers, dry cereals, bagels, fig Newtons, plain cookies, energy bars, etc.).

Carry enough food for the expected duration of your entire travel, including wait times, flights, and ground travel. Anticipate that there will be delays - bring extra food and fluids.

Before, during, and after the flight, emphasize high carbohydrate foods (such as those in your SNAC-Pac) to maximize your glycogen stores.

Drink lots of cool fluids (bottled/mineral water, juices, non-caffeinated soft drinks). Start at the airport - drink 500 mL (2 cups) of fluid in the hour before departure. During the flight, aim for at least 250 mL (1 cup) per hour.

Limit intake of caffeine (coffee, tea, and caffeinated soft drinks, e.g., colas. In the USA and internationally, many clear soft drinks such as Mountain Dew contain caffeine.).

Energy drinks and herbal or natural products may have caffeine, listed as guarana, kola, cacao, maté, or green tea. Check labels if you are not sure of the content. Caffeine is a restricted substance and you could test positive. Also watch for ephedra, a banned drug.

### Avoid alcohol.

Prior to take-off, set your watch to the destination time; start thinking and, if possible, eating in destination time.

Stretch and move around the aircraft as much as possible to limit stiffness and reduce the cramped feeling.

Try to rest or sleep sometime during the flight.

### At the destination:

Go out into the daylight as much as you can.

Be active and socialize. Try to "live by the clock" upon arrival, i.e., eat meals at the mealtime of your destination. Allow yourself only a short nap if you arrive in the morning.

### THE TRAVEL CHALLENGE

1. Did you drink some fluid at the airport in the hour prior to departure? Score 2 points if you had at least 500 mL (2 cups) of fluid. Score 1 point if you had only 250 mL (one cup).
2. How much water, juice or non-caffeinated soft drinks did you drink en route? Score 2 points if you had at least 250 mL (1 cup) per hour. Bonus: score 3 extra points if you brought your own bottle of water on board!
3. How many alcoholic beverages did you drink in the airport and en route? Deduct 2 points per drink.
4. How much coffee, tea or cola did you drink in the airport and en route? Deduct 1 point per cup of tea, or coffee, 1/4 point per cup of cola.
5. Did you consume high carbohydrate meals and snacks? Score 2 points if you did. Score 2 bonus points if you brought your own personal "SNAC-Pac" (fluids, meals, and snacks) on board!
6. How many times did you get out of your seat to walk around the aircraft? Score 1 point if you took a walk every 3-4 hours.
7. Did you set your watch to the destination time before your flight departed? Score 1 point if you did.
8. Did you sleep sometime during the flight? Score 1 point if you did.

Calculate your total point score for the flight. Evaluate your score using the following rating scale:

|              |                               |
|--------------|-------------------------------|
| 15 points    | Excellent (Gold Medal)        |
| 10-14 points | Not far off!                  |
| <10 points   | There's room for improvement! |

