

ABSTRACT

Title:

Dietary regime of a softball team during a training camp

Work objective:

The aim of this work is to put together a menu corresponding with energetic and nutritional needs at a training camp for women aged 18 – 25 without specific nutritional preferences using SW FitLinie 5.82.

Method:

The method of indirect calorimetry was used for establishing the players' energetic needs. Average anthropometric parameters of the softball players were put into the equation, and the result was increased by the energy spent at everyday practice according to the corresponding tables. The ratio of basic nutrients (60 % carbohydrate, 25 % fat, 15 % protein) was kept. Sufficient consumption of carbohydrates before each training session was also taken into account.

Results:

The daily energetic consumption was fulfilled by an average of 98,90 % which corresponds to approx. 13,725 kJ. The daily consumption according to nutrition needs was set to approx. 490 g of carbohydrate, 91 g of fat, and 122 g of protein. The average precision of carbohydrate intake during the whole training camp was 99,54 % (488 g), there was a slight excess in case of fat – 100,93 % (92 g), and finally the precision of protein was 97,51 % (119 g) for the whole week.

Conclusions:

The suggested diet corresponds with the needs of an organism for energetic supply during sport training where endurance characteristics of 4 - 5 hours per day prevail. It respects general rules for sports nutrition at the same time, which determine the time distribution of the diet throughout the day and the right nutritional composition of the servings with respect to endurance and regeneration.

Key words:

Sports nutrition, softball, diet, energetic coverage, women's workout