



TEAM FONTES · OFFICIAL GUIDE

Sports Nutrition Applied to Performance

The practical guide to train with more energy,
recover faster and evolve with strategy

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DEFINITIVE EDITION · VOLUME
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NUTRIÇÃO · PERFORMANCE · VELA

The New Variable of Performance

In modern training, nutrition is no longer just about health support. It directly influences available energy, injury prevention and physiological adaptation.

75%

do tempo de regata em hiking ativo

4–6h

de jornada numa regata olímpica

12–18kg

de força isométrica sustentada

TRAINING

Generates the stimulus

NUTRITION

Provides the raw material

RECOVERY

Enables adaptation

- ✓ Maintaining muscle glycogen stores.
- ✓ Reducing central and peripheral fatigue.
- ✓ Improving strength and power capacity.

COACH'S TIP

Training generates the stimulus; nutrition determines the quality of adaptation.

The Athlete's Fuel

5-7

g/kg/dia de CHO em treino

10

g/kg/dia de CHO em competição

1.6-2.0

g/kg/dia de proteína

Carbohydrates

ENERGY



Primary energy substrate. Endurance athletes need 5-7g/kg/day in training and up to 10g/kg/day in competition.

FONTES PRIORITÁRIAS

White rice, sweet potato, potato, yam, cassava, oats, breads, cereals, banana, pasta, carb gel.

Proteins

BUILDING



Protein synthesis and muscle repair. Target: 1.6-2.0g/kg/day. On intense training days, prioritize 0.4g/kg per meal.

FONTES PRIORITÁRIAS

Chicken, eggs, fish, meat, pork, whey protein, yogurt, cheese.

Fats

SUPPORT



Hormonal production and low-intensity energy. Target: 20-35% of total calories. Prioritize unsaturated fats.

FONTES PRIORITÁRIAS

Extra virgin olive oil, avocado, nuts (chestnuts, walnuts, almonds), sardine, salmon, tuna and seeds (pumpkin, sunflower, sesame, flax-seed).

COACH'S TIP

No macronutrient is the villain. The sailor who cuts carbs to 'lean out' loses the last leg. Energy comes first.

Glycogen: The Stored Fuel

Before knowing what to eat, you need to understand where energy is stored, and why that changes everything in a race.

01

What is Glycogen

Glycogen is the storage form of carbohydrates in the human body. Muscles store 300–500g and the liver 80–100g, totaling about 400–600g or 1,600–2,400 kcal available.

Muscles: 300–500g · Liver: 80–100g

02

How Long to Recover

After intense training, replenishment occurs at a rate of 5% per hour with adequate carbohydrate intake. Partial recovery (50%): 4–6 hours. Full recovery: 12–24 hours. After total depletion: up to 48 hours.

4h race = 50–80% muscle depletion

RECUPERAÇÃO DO GLICOGÊNIO MUSCULAR APÓS DEPLEÇÃO



CONTEXTO VELA OLÍMPICA

In a 4–6 hour Olympic race, a sailor depletes 50–80% of muscle glycogen stores. Without intra-race replenishment, power in the final upwind drops up to 20%. Nutrition is not a detail: it's a competitive advantage.

COACH'S TIP

There's no fatigue at the end of a race. There's glycogen shortage. Those who eat right the day before and between races arrive whole at the last upwind.

Pre-Training Strategy

Objetivo: Maximize energy availability and delay fatigue without causing gastrointestinal discomfort.

60–90 min

BEFORE

Solid Meal

Medium/high GI carb + light protein. No excessive fat.

Whole grain/sourdough bread + scrambled eggs; white/brown rice + chicken + cooked carrot; natural yogurt + granola + honey + fruit.

30–45 min

BEFORE

Quick Snack

Fast-absorbing carbs. ZERO fiber and fat: real gastrointestinal risk.

Mashed banana + 1 tbsp oats + honey; whole grain bread with honey or jam, carbohydrate gel; dates or dried banana.

COACH'S TIP

Foods you are not used to or high in fiber less than 30/45 minutes before training increase the risk of cramps and reflux. Ripe banana is the safest and most effective choice.

Full Tank

Intra-Training Nutrition: sustaining intensity while you train.

SCENARIO A

Sessions \leq 60 min · low intensity

PROTOCOLO

Water: 400–600ml/hour. In intense heat or high-intensity training, add electrolytes even below 60 minutes.

FOCO

Hydration and electrolyte maintenance.

SCENARIO B

Sessions $>$ 60 min · high intensity

PROTOCOLO

Water + Electrolytes (300–700mg sodium/hour) + Liquid Carbohydrates (30–60g/hour). In extreme heat or racing, up to 1,000mg sodium/hour.

FOCO

Maintain blood glucose, prevent hyponatremia and sustain power.

COACH'S TIP

In sailing, you don't feel the sweat because wind and water evaporate everything. But sodium loss is real, and a cramp on the upwind means the race is over.

Recovery

Post-Training Strategy: window of up to 2 hours



| | | |
|---|--|--|
|  <p>QUICK OPTION</p> <p>Whey + banana or high GI fruit. Ideal in the first 30 min.</p> |  <p>MEAL OPTION</p> <p>White rice + chicken + vegetables. Complete and efficient.</p> |  <p>FISH OPTION</p> <p>Rice + salmon or tuna + salad. Omega-3 accelerates recovery.</p> |
|---|--|--|

COACH'S TIP

The anabolic window doesn't close in 30 minutes: it lasts up to 2 hours. But the sooner you eat, the faster you recover for the next race.

Routine and Organization

The Foundation of Success

Consistency beats occasional intensity. The athlete needs planning.

- ✓ Weekly grocery planning.
- ✓ Preparation of strategic meal preps.
- ✓ Functional snacks always at hand.

COMMON MISTAKES

- ✗ Low caloric intake (eating less than you burn).
- ✗ Excessive carbohydrate restriction (fear of eating).
- ✗ Lack of regularity in meals.

COACH'S TIP

There is no perfect nutrition without consistency. A structured week is worth more than one perfect day.

Supplementation Philosophy

Evidence-based optimization.

Supplements do not replace food, but optimize performance, recovery and health when properly applied.

FOOD BASE

The irreplaceable foundation. Without it, no supplement works.

STRATEGIC SUPPLEMENTATION

Whey, Creatine, Electrolytes, Omega-3: amplify what's already good.

COACH'S TIP

The pyramid starts at the base. Those who invert the order waste money and don't evolve.

Energy and Endurance

Carbohydrates

GEL / POWDER

LEVEL A · ISSN

FUNÇÃO

For training sessions above 60 minutes, races and intense sessions. Provide fast energy and spare muscle glycogen.

USO

30–60g carbs/hour during effort.

Essential for hiking sessions and long races.

Sodium

ELECTROLYTES

LEVEL B · ACSM

FUNÇÃO

Prevention of cramps, dehydration and hyponatremia. Essential in maritime environments with high sweating and heat.

USO



300–700mg/hour in normal training. In extreme heat races: up to 1,000mg/hour.

In sailing, wind + water spray mask sweat. Sodium loss is greater than it seems.

COACH'S TIP

A common and indispensable strategy for endurance and intense metabolic training.

Strength and Muscle Building



Whey Protein

LEVEL A · ISSN

FUNÇÃO
Stimulate protein synthesis and accelerate recovery. Fast absorption: ideal for the post-training window.

USO
0.4g/kg per dose (min. 20g). Post-training or between races.

Whey Isolate (WPI) has better digestibility and lower GI risk.

Creatine

LEVEL A · ISSN

FUNÇÃO
Increase strength, power and repeated effort capacity. Level A evidence.

USO
3–5g/day, every day, including rest days.

The most studied supplement in sport. Safe, effective and without contraindications.

COACH'S TIP

Whey + Creatine is the base combination for any serious athlete. There is no more studied shortcut than this.

Health, Anti-Inflammation and Recovery



VITAFOR

Omega-3

LEVEL A · ISSN

FUNÇÃO

Natural anti-inflammatory, cardiovascular health and accelerated muscle recovery. Level A evidence for endurance athletes.

USO

2–3g EPA+DHA per day. With a meal containing fat for better absorption.



VITAFOR

Turmeric CURCUMIN

LEVEL B · BJSM

FUNÇÃO

Reduction of muscle soreness, joint health and inflammatory response to training.

USO

400–600mg curcumin/day. Combine with black pepper (piperine) for 20× greater absorption.



VITAFOR

Magnesium

LEVEL B · ACSM

FUNÇÃO

Neuromuscular function, cramp prevention and sleep quality for recovery.

USO

300–400mg/day. At night, 1h before sleeping. Prefer chelate or bisglycinate.

COACH'S TIP

The invisible support that ensures you're ready to train hard again tomorrow.

Protocols by Training Type

| TIPO DE TREINO | OBJETIVO | SUPLEMENTOS INDICADOS |
|-------------------------------|------------------------|--|
| Strength / Hypertrophy | Strength, lean mass | Whey, Creatine |
| Metabolic / HIIT | Energy and intensity | Carb gel, Sodium |
| Endurance / Sailing | Prolonged energy | Carb gel, Electrolytes, Omega-3 |
| Recovery | Inflammation reduction | Omega-3, Turmeric, Magnesium |

COACH'S TIP

In Olympic sailing, 4–6 hour hiking training demands the Endurance protocol without negotiation.

Strategy Evolution

Level Protocols

BEGINNER PROTOCOL

Foco: Adaptation

- Whey Protein (1 dose post-training)
- Creatine (3–5g/day)
- Magnesium (Daily)



PERFORMANCE PROTOCOL

Foco: Maximum Output

- Whey Protein (post-training)
- Creatine (Daily)
- Carb powder/gel (Intense intra-training)
- Omega-3 (Daily)

COACH'S TIP

Start simple. Consistency at the base is worth more than premature complexity.

Race Day

Nutrition to perform from warm-up to podium.

REGRA DE OURO

No new foods on race day.

| | | |
|---|-------------------|--|
| 24-48H BEFORE | PRE-EVENT | Carbohydrate and hydration adjustment. |
| IMMEDIATELY BEFORE | BEFORE | Carbohydrate-rich meal, low in fat and fiber. |
| BETWEEN RACES | DURING | Carbohydrate gel + Water + Sodium based on heat and sweat. |
| AFTER THE LAST RACE | POST-EVENT | Whey Protein + Carbohydrate + Magnesium + Complete meal. |
| COACH'S TIP | | |
| In racing, every upwind board demands energy. Those who underestimate race-day nutrition lose on the final leg. | | |



FROM THE COACH

The Complete Strategy

Performance is not luck. It is the integration of structured training, adequate nutrition and intelligent supplementation. The next step is to apply it consistently.

| INDICADOR | SEM PROTOCOLO | COM PROTOCOLO |
|-----------------------------|---------------|--------------------------|
| Glicogênio no fim da regata | Esgotado | 30-50% disponível |
| Potência no último upwind | Queda de 20% | Mantida |
| Recuperação entre provas | 48h+ | 12-24h |
| Risco de câimbras | Alto | Reduzido 80% |

"Eating strategically is a choice. Performing better is the consequence."

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WE DON'T STOP