FENCING FORWARD

HIGH PERFORMANCE NUTRITION PROTOCOL

OFFICIAL GUIDE

Focus: Explosive Power, Rapid Reflexes, Focus & Sustainable Energy
Target Athlete: Foil, Épée & Sabre Competitors
Key Principle: Fueling quick-twitch muscle response while maintaining neural clarity during extended tournament pools and elimination bouts.

1. MACRO-NUTRIENT ARCHITECTURE FOR FENCERS

Fencing is a unique sport combining extreme anaerobic bursts (explosive lunges, rapid directional changes) with long periods of aerobic stamina and strategic focus. Your diet must supply rapid-acting carbohydrates without causing glucose spikes, alongside high-quality protein for muscular repair.

CARBOHYDRATES (50-55%)

Primary fuel for fast-twitch muscle fibers. Focus on complex sources (sweet potatoes, oats, brown rice) during training, switching to simple glycemic options during bouts.

PROTEINS (25-30%)

Essential for leg-quadriceps and forearm recovery. Lean poultry, eggs, fish, and plant protein ensure continuous tissue repair without feeling heavy.

2. DAILY TRAINING NUTRITION SCHEDULE

Timing	Meal Focus	Recommended Items
07:30 AM	Breakfast: Sustained Energy	Oatmeal with berries, 3 eggs (scrambled), whole grain toast, green tea.
12:30 PM	Lunch: Balanced Refuel	Grilled chicken breast, quinoa, steamed broccoli, olive oil dressing.
04:00 PM	Pre-Footwork Snack	Banana with almond butter, small handful of raw walnuts.
07:30 PM	Dinner: Muscle Recovery	Baked salmon or tofu, sweet potato, mixed green salad with avocado.

3. TOURNAMENT DAY FUELING STRATEGY

Competition days can span 8+ hours with unpredictable downtime between pools and direct eliminations (DEs). Hydration and precise blood sugar control prevent cognitive fatigue and slow reaction times.

500ml
PRE-BOUT HYDRATION (2 HRS BEFORE)

15-30g
CARBS BETWEEN DE BOUTS

4. TOURNAMENT TIMELINE PROTOCOL

Phase	Nutrition & Fluid Strategy	Key Objectives
2 Hours Before	Complex carb meal (e.g., rice bowl + turkey), 500ml water.	Full glycogen stores.
30 Mins Before	1/2 Banana or electrolyte solution (low sugar).	Top off glucose.
During Pools	Sip electrolyte drink, rice cakes, energy gel if needed.	Prevent cramping.
Between Pools & DEs	Light lean snack (turkey slices, apples, almond butter).	Avoid heavy digestion.
Post-Tournament	High-protein recovery shake + full balanced dinner within 2 hrs.	Muscle synthesis.

5. KEY MICRO-NUTRIENTS & HYDRATION FOR FENCERS

ESSENTIAL SUPPLEMENTS FOR FENCERS

- **Electrolytes (Sodium/Magnesium):** Crucial under heavy fencing kit gear to prevent heat retention and leg cramps during long matches.
- **Omega-3 Fatty Acids:** Supports cognitive decision-making speed and reduces joint inflammation from hard parries and lunges.
- **Vitamin D3 & Calcium:** Reinforces wrist and ankle bone density against high impact landing stress.