

A Day in the Life of an Olympic Speed Skater			
Time	Activity	Food	Fluids
6AM	Wake up	Breakfast: Bowl of oatmeal cooked in low-fat milk with banana, blueberries, and handful of walnuts	1-2 cups of water 1 cup of coffee
8AM	Warm up: 10-15 minutes of stretching and warm up exercises		Water
8- 10AM	Skate training: High intensity aerobic exercise		1 cup of Sport Drink every 20 minutes
10:30AM	Recovery	Shake with 1 container of yogurt, 1 banana, 2 tbsp peanut butter, and 1 tbsp cocoa powder	
11A-12PM	Free time to review training videos with coach		
12PM	Lunch	Whole wheat turkey wrap with lettuce, tomato, mustard. Small bag of pretzels. Carrots with 2tbsp of hummus. Side salad with veggies	1 cup apple juice 1 cup low-fat chocolate milk
1-2PM	Free time		
2PM	Pre-training snack	English muffin with 1 tbsp peanut butter	1 cup skim milk 1 cup water
3-4:30PM	Strength training: weight lifting and plyometric training		Water
4:30-6PM	Dry land aerobic training: 45 minutes on bike and 45 minutes on treadmill		1 cup of Sport Drink every 20 minutes
6:30PM	Dinner	Baked sweet potato, Baked fish or chicken, 1 cup of brown rice, side vegetable of choice, small cup of vegetable soup with crackers	Water or juice
7:30-9PM	Relax		
9PM	Snack	Greek yogurt and fruit	Water