

More tips to reduce effects travelling

Following on from my previous post (see below) I had some great feedback by email so though I would expand upon my first post. It is well aware that travel, particularly prolonged can have a negative effect on athletic performance, but only if we let it. The 5 tips below may help to minimise such effects.

1. Get some natural light

As soon as possible when you arrive – this will help to ‘reset’ your body clock to fit into the new time zone. Go for a walk outside the airport or hotel and take those sunglasses off!

(i-sunglasses.com)

2. Quickly get into routine

Try to adapt to your new time zone and routine as soon as possible. Force yourself to stay awake if you’re arriving in the evening, so that you are sleeping at the new and appropriate time. If you’re arriving in the morning taking short naps may help to keep you going till bedtime.

3. Eat meals at the correct times

Along the same lines as the above point, you need to adapt to the NEW time zone. This includes eating. Try to eat as close to the appropriate times as possible and keep food simple, eating foods you know you are

comfortable with. Traveling away with a sports team is probably not the time to be experimenting with new foods.

4. Drink caffeinated drinks in moderation

(purlem.com)

I mentioned this in my previous post. To aid alteration to the new timings be careful with the consumption of caffeinated products during certain times. It may sound simple but having a 12oz coffee half an hour before going to bed is unlikely to aid sleep

Thanks for reading and happy traveling

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