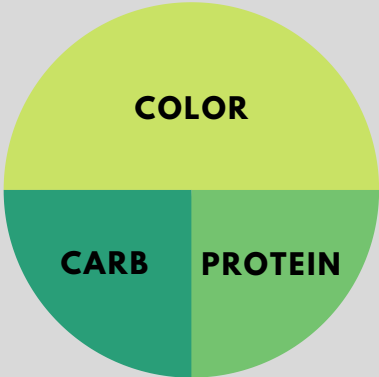
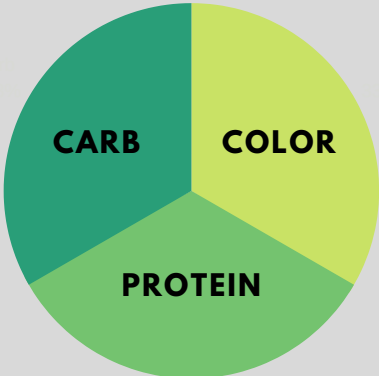
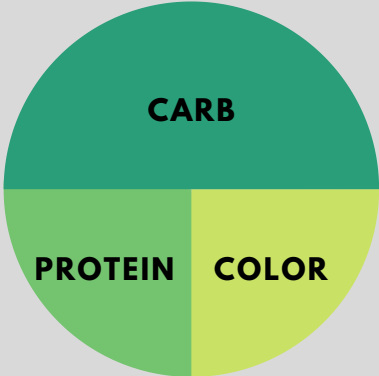


# PERFORMANCE PLATES

CHOOSE THE PERFORMANCE PLATE THAT BEST MATCHES YOUR ACTIVITY FOR THE DAY & USE THAT PLATE AS A GUIDE FOR BREAKFAST, LUNCH, DINNER. ATHLETES SHOULD ALSO INCLUDE 2-3 SNACKS PER DAY + A POST-WORKOUT SNACK.

	TRAINING PLATE	TRAINING EXAMPLES
<b>LOW INTENSITY TRAINING &amp; REST DAYS</b>		<ul style="list-style-type: none"><li>• Rest Day/No Practice</li><li>• Light Body Weight Training</li><li>• Casual Walks</li><li>• Short Jogs</li></ul>
<b>MODERATE INTENSITY TRAINING</b>		<ul style="list-style-type: none"><li>• Most Practices</li><li>• Most Workouts</li><li>• ~1 hr Strength Training</li><li>• Endurance Practice + 30 Min Weight Training</li><li>• 3-5 Mile Runs</li></ul>
<b>HARD INTENSITY TRAINING</b>		<ul style="list-style-type: none"><li>• Game/Competition Days</li><li>• Tournaments</li><li>• Pre-Season</li><li>• Two-A-Days</li></ul>

Color = Fruits + Veggies