

HENOK NUTRITION

# Performance Nutrition Program

For Blue Devils Track & Field Athletes

Presented by Felimon Henok, MPH · Sports Nutritionist

3 SESSIONS OVER 2 WEEKS · 60 MINUTES EACH · PRIVATE 30-MIN 1:1 REVIEW · \$97 PER ATHLETE

## The Program

A practical, evidence-based nutrition series built for competitive track & field athletes — across sprints, distance, jumps, and throws. Over two weeks, athletes learn exactly how to fuel for training, competition, and recovery, then apply it to their own schedule and finish with a private one-on-one review to personalize their plan. Every session is hands-on, with take-home practice they put to work between sessions.

## What your athlete walks away with

- A simple **Performance Plate** for training days and competition days
- A complete **meet-day fueling plan** — before, between events and heats, and after
- **Hydration and recovery habits** that protect speed, power, and focus
- The ability to **spot supplement hype** and avoid unsafe products
- Their own written **Performance Nutrition Plan**, personalized in a 1:1 review

## Week by Week

WEEK 1 · SESSION 1 · 60 MIN

### Foundations: Fuel for Track & Field

<b>Learn</b>	Why nutrition is a performance edge across every event; carbs as the primary fuel for training and racing, protein for power, recovery and growth, fats for energy; how fueling differs for sprint and power events vs distance vs jumps and throws; the Performance Plate; and how to fuel enough to grow <i>and</i> train.
<b>In session</b>	Build-your-plate activity and a quick day-in-the-life audit.
<b>Homework</b>	2-day food & fluid log (one training day, one rest day). Add a carb source before training and note your energy.
<b>Bring back</b>	Completed food & fluid log to Session 2.
<b>Outcome</b>	Can build a Performance Plate and understands how fueling drives speed, power, and endurance.

WEEK 1 · SESSION 2 · 60 MIN

## Hydration & Meet-Day Fueling

<b>Learn</b>	How hydration affects speed, reaction off the blocks, and focus; pre-competition timing and foods; how to fuel across a long meet day with multiple heats and events; carbohydrate strategies for distance events; and the post-event recovery window.
<b>In session</b>	“Pack your meet bag” competition-day plan and a snack-swap exercise.
<b>Homework</b>	Execute one full meet-day (or hard-session) fuel plan; journal energy, cramps, and focus. Build a personal snack list.
<b>Bring back</b>	Meet-day notes and questions for your 1:1 to Session 3.
<b>Outcome</b>	Knows what to eat and drink before, between, and after events, and how to plan a competition day.

WEEK 2 · SESSION 3 · 60 MIN

## Recovery, Sleep, Supplements & Your Plan

<b>Learn</b>	Sleep and recovery as performance tools; smart, food-first supplement decisions and how to spot unsafe products; fueling a growing body without fad diets.
<b>In session</b>	Draft “My Performance Nutrition Plan” and a myth-busting Q&A.
<b>Next step</b>	Book and prepare for the private 30-minute 1:1 review (bring your plan, logs, and meet-day notes).
<b>Outcome</b>	Leaves with a personal nutrition plan and the knowledge to keep improving safely.

### The Private 30-Minute 1:1 Review

After the final session, each athlete sits down one-on-one with Felimon to review their logs, personalize their plan, and set one or two clear targets. It is where the program becomes their own — and the natural starting point for athletes who want to keep working together.

### How to Enroll

**\$97 per athlete** — full 2-week series plus the private 1:1 review.

Spots are limited to the Blue Devils group. Questions: [henoknutrition@gmail.com](mailto:henoknutrition@gmail.com)

Register here: [Reserve your athlete's spot](#)