

Fueling and Hydration Plan

3-Day Volleyball Tournament

Example: 8:00a, 10:00a, and 1:00p 3 game schedule

Night Before Each Day

Choose 1: Pasta + Grilled chicken, Chicken + Rice, Turkey burger + Baked potato, Chicken Burrito Bowl, Teriyaki Chicken + White Rice, Simple Pizza + Fruit, or Pancakes/Waffles + Eggs + Fruit.

Aim for a carb-forward meal with lean protein. Avoid greasy, extra spicy, or brand-new foods.

Daily Game-Day Schedule (Repeat Friday, Saturday, and Sunday)

Time	What to Eat/Drink	Good Options
6:00-6:30a	Breakfast: mostly carbs + a little protein	Bagel + PB + banana; oatmeal + banana; toast + eggs + fruit; yogurt + granola
7:15-7:45a	Optional light top-off if hungry	Half banana; applesauce pouch; pretzels; half granola bar
8:50-9:15a	After Match 1: quick refill	Banana + pretzels; applesauce + granola bar; graham crackers; half PB&J
10:50-11:30a	After Match 2: bigger snack / light lunch	PB&J; half turkey sandwich + fruit; bagel + PB; crackers + cheese + grapes
2:00-2:30p	After Match 3: recovery snack/meal	Chocolate milk + banana; protein shake + pretzels; turkey sandwich
Dinner	Refuel for the next day	Repeat the night-before meal pattern: carbs + lean protein + water

Hydration Schedule

- Wake up: 8-12 oz water
- With breakfast: 8-12 oz water
- Before first match: another 8-12 oz
- Between Match 1 and Match 2: 12-16 oz total
- Between Match 2 and Match 3: 16-20 oz total
- First hour after last match: 16-24 oz
- Evening: 24-40 oz total across the rest of the day
- Use electrolytes when sweating a lot, the venue is hot, or energy is fading.

Goal: pale yellow urine, steady sipping, no big chugs.

What to Pack

Bag staples: Water bottle, electrolyte drink, bananas, apple sauce pouches, pretzels, granola bars, PB&J, bagels, graham crackers, dry cereal, string cheese, Greek yogurt, turkey sandwich, and fruit snacks.

Tournament caution:

Avoid the following: greasy fast food, extra spicy meals, heavy cream sauces, candy overload, and energy drinks.

Simple Reminder

Night before: carbs + lean protein + water. Morning: easy breakfast. After each match: small refuel. After the last match: carbs + protein + fluids. The best plan is the one you can repeat comfortably all 3 days.