

## Session summary

### Nutrition Strategies for RWC 2015

#### Ruth Wood-Martin

Ruth presented an overview of the IRFU approach to physically prepare their players for the RWC 2015. Key elements of preparation included

- Body composition measurement and monitoring
- Adapting nutrition provision according to the periodised training and game preparation plans
- Catering and food planning
- Nutrition monitoring that included attention to well-being, body weight and hydration states, post-match weight losses, pre and post-match strategies and supplement use.

Ruth's key messages included the importance of relating all actions to performance, keeping messages as simple and straightforward as possible, and the ability to compromise in order to fit into the bigger picture that will affect overall performance.