







OLYMPIC ATHLETE CALORIC INTAKE CHART

	Type of athlete	Pre-event nutrition	Energy consumed per day
	Endurance (cycling, swimming, marathon, rowing)	Carbohydrate loading	3,000-8,000 calories
	Team sports (basketball, soccer)	Extra carbohydrate intake but not loading	3,000-4,500 calories
	Other sports (sailing, kayaking)	Moderate energy/carbohydrate intake	2,500-3,500 calories
	Strength/power sports (shot put, weight-lifting)	Moderate energy/carbohydrate intake	2,800-6,000 calories
	Aesthetic sports (gymnastics, diving, synchronized swimming)	Some restriction likely before competition	2,000-2,500 calories
	Weight-class (taekwondo, wrestling, fencing, light weight rowing)	Some restriction likely to make weight followed by recovery before competition	~1,200-1,500 calories to make weight followed by increase in calories to recover and prepare for competition