

Relative Energy Deficiency in Sport (RED-S) at Sport Ireland Institute

Can you relate to any of the following?

Recurrent injuries/niggles that you "can't get on top of"



Stress fractures/ low bone density

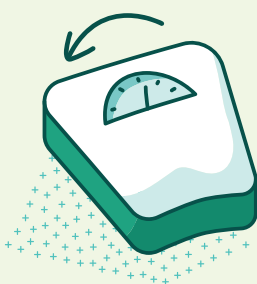
Low mood or feeling irritable



Frequent illnesses: common cold and flu, always "breaking down"

Difficulty recovering after training: stiff and sore, taking longer to recover from training

Low/poor appetite



Low libido/drop in sexual function

Rapid weight loss

Decrease in performance: not hitting times etc.

No periods for >3 months



Disrupted sleep/ lethargic



"I didn't really sleep... I was very anxious, moody, very, very regimented, and anti-social."

British male cyclist

Low energy availability can contribute to the above signs and symptoms

Ask yourself...

- ? Is there an imbalance between your training, nutrition and recovery?
- ? Are you getting your fuel in at the right time?
- ? Are you eating within 30-60 mins after training?



"My training sessions, race performances and general energy levels began to plummet. The motivation to become a competitive athlete was not as strong as it had been."

British distance runner

- ▶ Plan across a training week with fuelling/re-fuelling blocks
- ▶ Adjust your fuelling/nutrition around training schedule and intensity

"I began to feel antisocial, low in energy and failing in other aspects of my life outside running."

New Zealand steeplechase runner