

# Go Faster Food for Schools

**Lucy Bryan, aged 19, British Pole Vault Athlete and Go Faster Food for Schools Ambassador**

**Lucy lives in Bath and trains at Bath University. She is a member of the Bristol and West AC England and Great Britain Youth and Senior teams. She holds the U20 Outdoor Record and the UK17 all-time record and won a Bronze medal in the Senior British Championships in February 2014.**

I started Pole Vaulting about seven years ago, when I was 12 year old. After school, I would train six times a week, for around 11 hours, over six days. It's a big commitment and a very busy training schedule, but I really wanted to succeed and was happy to put in the hours during the week and have two days off at the weekend.

The indoor competition season takes place from December to March and the outdoor season is May to August, so I'm training all year round and need to follow a healthy eating lifestyle, not just to support my fitness plan, but also give me the energy for my school and now college work.

I learnt about healthy eating at school, through studying PE and Biology and I also got a lot of help from my Strength and Conditioning coach. I learnt how important it was to eat healthy before and after training and how eating the right foods would help my success in competitions.

I started to use recipes from the Go Faster Food for Kids book when I met Kate (Percy) a year ago. I found her insight into eating foods to help my performance so helpful. The book is simple to read and straightforward to understand, particularly the nutrition section, which I really wanted to grasp so that what I ate and drank supported my goals as an athlete.

The book opened up my eyes to new ways of eating and to recipes I hadn't tried before. I showed the book to my coach, who thought it was great and I quickly started to make and enjoy Kate's recipes and have been doing so ever since.

In my sport, which is power-based and requires me to have lots of strength, I need to eat lots of protein, which is where the book really came in handy, it breaks down how much protein, carbs, sugar, salt, fibre, fat and saturates are in each recipe per serving, so armed with this knowledge I was able to pick out recipes to suit my training schedule.

My favourite recipe from Go Faster Food for Kids is the Lime Chilli Prawn Skewers with Chilli Mayo and Salsa. It takes just ten minutes to prepare and the prawns are a great source of protein; just what I need to help muscle recovery and growth.

I also make the Lemon Butter Salmon Parcels and the Pork and Apple Meatballs, which I have with a large green salad as I don't need to eat lots of carbs for my sport. Next on the list are the Sweet Chilli Pork Burgers, which I plan to make soon.

My athletic friends love the recipes too. I recently moved to Bath and started a beauty therapy course at Bath College. I still train as hard as ever, but now also enjoy having friends over when I can and the book is full of delicious recipes that I can make in minutes – their favourite is also the Lime Chilli Prawn Skewers.

I would recommend the book to anyone and not just sporty kids, all children who want to do well at school. If they want to succeed in their school life then eating takeaways and processed foods that aren't good for you, won't help you reach your goals. It's really important to make sure you have a nutritionally-balanced diet. By eating the right food it helped me concentrate not just on my sport but my exams, it gave me the energy to sustain my training in the lead up the championships this year and it will hopefully take me on to the 2016 Olympic Games in Rio, where I plan to make my parents very proud.

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