

NIKKI SYMONS INTERNATIONAL HOCKEY PLAYER

WHAT'S YOUR SPORT? Hockey

BIGGEST ACHIEVEMENT TO DATE? 50th cap against Wales 2006, Winning Irish Cup with Loreto 2 years in a row – 2000 and 2001. Playing in the Olympic Qualifiers 2004,

TRAINING SCHEDULE? I train everyday except Fridays and even then I go for a swim. I have 2 gym sessions (Tues & Thurs), on the pitch 2 nights a week (Mon & Wed) and at weekends more pitch sessions.

PROVON REVIVE & YOU

WHEN DID YOU START TAKING THE PROVON REVIVE DRINK?

6 months ago

HOW OFTEN AND WHEN DO YOU TAKE IT? I take an 80g sachet shaken up with 500ml of water after each training session / match.

WHAT BENEFITS DO YOU FEEL? It gives me the extra recovery power that is so vital in this intense sport.

Nikki talks openly about her demanding training schedule and how nutrition is crucial to her success.

'I keep a strict enough diet and would monitor this closely myself. I also get formal nutrition advice but the responsibility to adhere to these guidelines really rests on my shoulders. I have to eat quite a lot of carbohydrate and protein to keep my body going during our tough training sessions and also because I train everyday! Since I started using Glanbia Nutritionals' recovery product Provon Revive my recovery time is much speedier as I get the nutrients I need to replenish and rehydrate much quicker. Provon Revive is like the healthiest snack you could have immediately after training!

Sports nutrition products in general are an essential part of my nutrition as I know they will give me the extra ingredients I may not be putting back into my

body after training. Glanbia Nutritionals has also given me some high protein bars which give me something convenient to take straight after games as sometimes it is an hour before we get a meal due to our 30 minute warm down.

I cannot stress enough the importance of rapid and effective recovery. Yes I do train everyday but my tournaments are very short in comparison to rugby or soccer for example. I would play a full tournament in less than 2 weeks i.e. 5 or 6 games with only a couple of days rest. There is no resting in hockey and I am very excited about using Provon Revive in my upcoming tournaments and it will help me find that extra edge I am always looking for!

