

TRAVEL EASIER, PERFORM BETTER REGARDLESS IF YOU'RE TRAVELING ON THE PROFESSIONAL SQUASH TOUR OR GOING ON YOUR NEXT BUSINESS TRIP HERE'S 10 TIPS ON HOW TO TRAVEL EASIER.

By Allistair McCaw

Whether you travel for business or holiday reasons or are even lucky enough to visit far and away places playing squash like the pro's, we are all challenged by certain elements like adhering to the baggage weight restrictions, maintaining good nutritional habits, avoiding the dreaded jetlag and staying in good condition.

My early experience of traveling goes back to when I was competing on the professional triathlon tour lugging a bike bag around the world, negotiating with the airline personnel to let me off not paying excess weight.

In the last 5 years it's been a pretty similar scenario traveling on the professional tennis tour.

Whilst traveling one of the biggest challenges is trying to eat healthy. In my experience, the airports in the United States offer better choices of healthy foods with Europe lagging way behind.

One thing that I always tried to get right when planning a road trip was making sure I took care of my nutritional and training needs.

So with that in mind I did my best to pack with health in mind. From granola bars to my stretch bands I would make sure I would have everything to keep my mind-body condition in the best shape possible.

So in this article I have provided 10 tips to better adjust your training and diet away from home. Instead of feeling rundown halfway through your trip, you'll return feeling stronger and more refreshed, and ready for your next business adventure or sporting event.

1. Travel lighter

Pack smart. The first tip I can offer is to make sure your actual bag is light. Some bags with wheels or fancy gadgets already weigh 3 or 4 kilograms before you put something in.

Second tip I can offer is wearing your heavier shoes and clothes instead of packing them.

When it comes to your training gear, try taking the more dri-fit type of t-shirts and shorts that are lighter and quick to dry after a basin wash [for those on a budget!].

2. Drink Water

Drink two glasses of water when you wake up. Research shows that this habit alone can boost your metabolism for more than an hour. Then down another two glasses of water at each meal and continue hydrating before, during and after your workout to stay energized throughout the day. A simple test to see if you're drinking enough is checking the color of your urine. If it's a darker shade of yellow you are probably not drinking enough.

3. Schedule your meals.

You schedule everything when you travel like your meetings or training sessions. Why not your meals? Start the day with breakfast, and then eat every 2.5 to 3 hours, for a total of 5 or 6 meals a day. By grazing throughout the day, you'll be less likely to 'over indulge' at any moment, especially late at night, and you'll feel more energized and focused throughout the day.

4. Find the nearest supermarket.

Not only are restaurants expensive, but they also have a limited selection of healthy choices on their menu's. Most supermarkets offer ready to eat options and more nutritious choices than most restaurants. Plus you can stock up on healthy snacks like fruits, nuts, yogurt and energy bars.

5. Use your bodyweight.

The most useful piece of exercise equipment ever invented is still your bodyweight. You can build strength with bodyweight squats, pushups, bridges, and dips. And you can improve flexibility and mobility with your movement prep routine. Try to take a few minutes to do some stretching or active mobility every day, regardless of where your travels take you.

6. Practice healthy eating and drinking habits on the plane.

Try to drink 1/2 a glass of water every 15 minutes. Bring your own food, such as meal replacement bars, nuts, or fruit. Eating fresh and raw speeds up your recovery and jetlag.

If it's an overnight flight, hydrating and having a more carbohydrate based meal will help you fall asleep on the plane.

Drink less coffee. Choosing green tea or black tea over coffee will help you feel better, especially in your travels, since powerful antioxidants in tea removed damaged cells.

7. Get into a routine as quick as possible.

When I first started traveling, I always found that when I was away from home it was difficult to get into some type of rhythm or routine. But I found out later that it was better to get up at a certain time, do my trainings at a certain time and go to bed at the same time.

Another tip for those not traveling for sporting reasons is try doing your fitness routine first thing in the morning before breakfast. This way you won't miss your workout for the rest of the day, it makes planning much easier and personally I felt I had more productivity to my days.

8. Move around, keep loose.

Don't sit at the airport. You're about to spend hours on a plane, so why sit around waiting to sit more? Use the minutes just before your flight to walk, stretch, and even drink water.

In the plane when you're free to move about the cabin, get moving. Get up in the galley area to stretch a little.

9. Use travel time for recovery.

Don't stress about missing a workout. Plans can change at the last minute, that's life. You cannot always have perfect preparation. Plan your training schedule so that you can use the time spent traveling as your recovery time. You won't feel guilty about 'sitting around' an airport not being able to do much. Plus you need rest to get stronger.

10. Reset your clock.

After flying, the first thing you want to do is move. You've been sitting on a plane, maybe for hours, so walk and get the blood flowing again. Try get into the time zone you are entering as soon as possible. For example if you are arriving at your destination in the morning try stay to awake the whole day and you should be tired enough by the end of the day to have a good nights sleep.