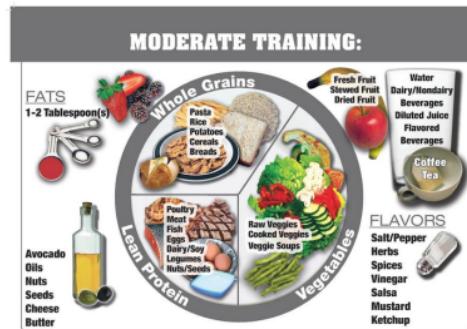


# Pre-Workout Nutrition

- Eat a combination of foods high in carbs & moderate in protein
- Focus on foods low in fat & fiber
- Length & intensity of workouts matter to determine what you can tolerate before
- **6am run? Fuel well the night before and eat something small in the morning**
- Experiment to figure out what foods work best. Start small and work up your tolerance!

## 2-4 Hrs Before Exercise

- Eat a meal that consists of higher carb, moderate protein, lower in fat
- Turkey & cheese sandwich, fruit, pretzels
- Rice/quinoa bowl with chicken, broccoli, pesto
- Always remember to hydrate with at least 16-20 oz of fluid
- If you have eaten a meal >2hrs before a run, consume an easily to digest carb (such as pretzels, granola bar) before practice



## Example Schedule

### Monday (Rest Day)

|         |   |
|---------|---|
| 8am     | Breakfast   |
| 11:30am | Lunch   |
| 3pm     | Carb/pro snack  |
| 6pm     | Dinner  |
| 9:30pm  | Evening Snack (if hungry and/or if running early in the AM) |

### Tuesday

|        |                           |
|--------|---------------------------|
| 8-8:30 | Breakfast                 |
| 12pm   | Lunch                     |
| 4:30pm | Carb Snack                |
| 5:30pm | Run (Track workout, ~1hr) |
| 7:30pm | Dinner                    |
| 9:30pm | Evening Snack             |

### Wednesday

|         |   |
|---------|---|
| 5:30am  | Small carb snack  |
| 6am     | Run (45 min)  |
| 8am     | Breakfast   |
| 11:30am | Lunch   |
| 3pm     | Carb/pro snack  |
| 6pm     | Dinner  |
| 9:30pm  | Evening Snack (if hungry and/or if running early in the AM) |

## PRE-TRAINING FUEL IDEAS

THE CLOSER YOU GET TO TRAINING, THE LESS PROTEIN & FAT YOUR SNACK SHOULD HAVE

Eat 2-4 hours out from training (High carb, moderate protein, lower in fat and spice)



Eat within 1 hour of training (easy-to-digest carbohydrate)



## Even more tips...

- Your gut is a muscle. Train it! If you don't usually eat in the morning before a run, start with a small amount of sports drink, half a packet of fruit snacks, or even a few bites of banana. Work your way up to tolerate more - eventually 12 oz of sports drink, 1-2 packs of fruit snacks, a whole banana with a little peanut butter...etc!
- Consider bringing fuel along for runs that are 1hr or longer. Gels, sports drink, chews, etc.
- If you work out reallllyyy early in the AM and don't want to eat when you wake up (or don't have time!), try eating a carb rich meal/snack before you go to bed (i.e. bowl of cereal, greek yogurt parfait w/ granola)
- Consistent eating throughout the day is key. You won't find yourself starving at night if you are eating well earlier in the day.
- Simple formulas to remember: **3 meals + 2 snacks per day! OR no more than 3-5 hours without eating.**

## POST-TRAINING FUEL IDEAS

Consume a carb + protein snack or a meal that consists of carb, protein, fruit/veg, fat within 45 minutes of finishing your training.

Eat a carb + protein snack within 45 minutes of finishing your practice or lift.



Eat a meal that consists of a carb, protein, fruit/veg, and fat at least 2 hours after your snack.



# Resources to check out:

## Books:

Nancy Clark's Sports Nutrition Guidebook

## Blog posts:

Great info about training your gut: <https://kellyjonesnutrition.com/train-your-gut-for-athletic-performance/>

Before and after training: <https://kellyjonesnutrition.com/what-to-eat-before-and-after-workouts/>

## Instagram accounts:

@thedietitianrunner <https://www.instagram.com/thedietitianrunner/>

@featherstonenutrition <https://www.instagram.com/featherstonenutrition/>

@sportsdietitiankelsey <https://www.instagram.com/sportsdietitiankelsey/>