

Pre-/During Workout

PRIORITIES

- Focus on carbohydrates
- ↓ fat and fiber = they slows digestions/absorptions
- ↑ volume/intensity training = need more energy (add a snack!)

WHY?

- Top off your energy tanks
- Keep the intensity up
- Maximize performance
- Fight fatigue during workout

WHAT?

Carbohydrates

=

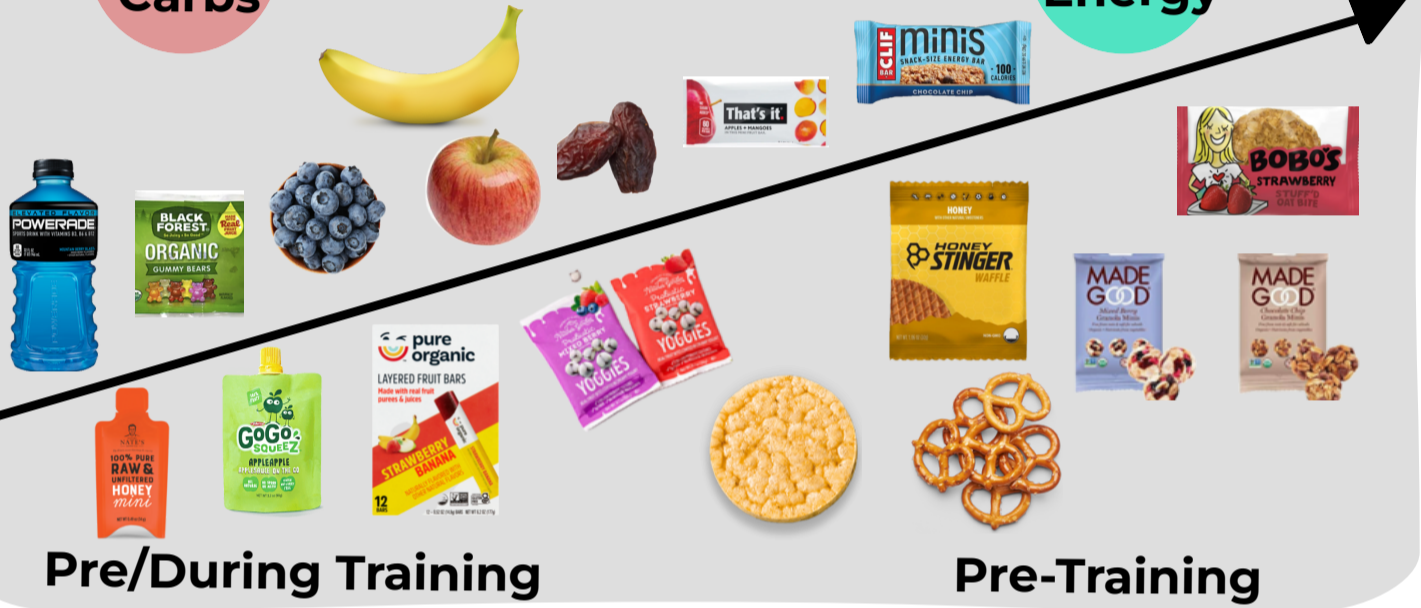
ENERGY



Quick Acting Carbs

EXAMPLES

Long Lasting Energy



Pre/During Training

Pre-Training

Between Meals and Recovery

PRIORITIES

- Focus on carbs + protein
- For recovery eat within 60 minutes post practice/ workout OR eat a balanced meal within 2 hours

WHY?

- Refill energy used during training
- Help body prepare for next training
- Support immune health
- Optimize training adaptations = get better
- Anti-inflammatory = fatigue fighter

WHAT?

Carbohydrates = ENERGY



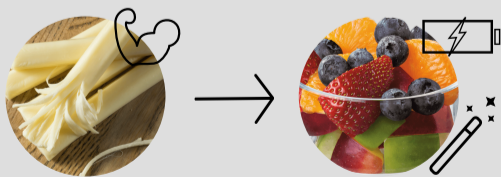
Protein = MUSCLE & TISSUE REPAIR/BUILD



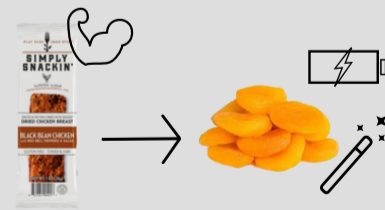
Fruits & Veggies = ANTIOXIDANT (anti-inflammatory)



EXAMPLES



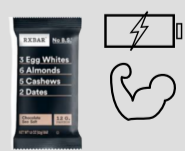
String Cheese + Fruit



Jerky + Dried Fruit



Hummus + Veggies + Crackers



Protein Bar



Tuna/Chicken/Salmon + Veggies or Crackers



Greek Yogurt or Cottage Cheese + Fruit