

# PRE WORKOUT NUTRITION

## Why?

- Carbs provide fuel for high intensity training
  - a diet low in carbs leads to early fatigue, decreased endurance, power and mental focus.
- Proper hydration helps to:
  - Regulate body Temperature
  - Prevents fatigue
  - Lubricates joints.

## What?

- 30-60g of quick digesting carbohydrates
  - Low fiber, protein, and fats
- Drink 16 oz ( half powerade bottle)

## When?

- 30-60 minutes before training



# Fueling for Performance

## 1. Understand your demand

- As a student athlete you have different nutrient needs than the average student population.
- General nutrition tips and guidelines directed at student population might not apply to you.

## 2. Fuel throughout the day

- Eat consistently throughout the day to fuel your energy needs.
  - Pack snacks
  - Pack a lunch
  - Schedule meal times.
- Focus on carbohydrate intake
  - Carbohydrates are our primary energy source and carbohydrates are needed to gain muscle
- Refuel with carbohydrate and protein right after workouts / lifts
  - Focus on 15-20g protein and 15-30g of carbohydrates

## 3. Hydration

- Hydration timing
  - 2-3 hrs before - 16oz
  - 15 minutes before - 8oz
  - 4 oz of fluid every 15 - 20 minutes.
  - 16- 20 oz of fluid for every pound lost.
- Electrolytes
  - Incorporate sports drinks or salty foods into your diet.

## 4. Performance Benefits

- Decreases muscle breakdown
  - If you are not filling up glycogen stores before practice or competitions your body will breakdown muscle for energy

