



EARLY MORNING FUELING FOR TRAINING AND COMPETITIONS

Many athletes train early in the morning, often breakfast-free. Breakfast or “breaking the fast” is essential before a workout, but many athletes don’t wake up in time to eat a full breakfast and let it digest before they start running, jumping, and lifting. So, providing athletes with a morning snack of carbohydrates and protein with fluid can help give them energy to start their workout.

Shorter cardio/conditioning workouts:

- Typically carbohydrates and fluids can fuel a lighter workout
- Easy-to-digest foods are ideal to help reduce gut distress
- Consume at least 16-20 ounces of water or sports drink
- Simple carbohydrate snacks include:
 - » Granola bars
 - » Dry granola or cereal
 - » Bagel
 - » Banana



Longer, more intense workouts or heavier weight training:

- More intense workouts benefit from a snack of protein and carbohydrates to help stabilize blood sugar for a longer duration
- Easy-to-digest foods are ideal, but it’s possible to consume a little more food if the workout is centered around weight lifting versus aerobic conditioning
- Consume at least 16-20 ounces of water or sports drink
- Carbohydrate-protein snacks include:
 - » Energy bar with carbohydrates and 10-15 grams of protein
 - » Peanut butter and jelly/banana sandwich on whole grain bread
 - » Beef jerky trail mix made with granola, dried fruit, and nuts