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## PRE-WORKOUT AND COMPETITION FUELING

**Proper nutrition is essential for optimal performance, energy levels, and recovery.**

**The goal of a pre-workout meal and snack is to provide the body with the fuel and hydration it needs to get to and through the workout.**

### Pre-workout and Competition Fuel

Pre-workout nutrition is focused on fueling and hydrating the body for training and performance.

2-4 hours before exercise: Consume a pre-workout meal to provide your body with energy for training and competition. The meal should be:

- Rich in complex carbohydrates
  - » Think oatmeal, quinoa, or brown rice
- Moderate in protein
  - » Think lean beef, eggs, or dairy
- Low in fat and fiber
  - » Think nuts and oils for fat
  - » Think broccoli and cauliflower for fiber
- Consume plenty of fluids
  - » At least 16-20 ounces
  - » Think water and sports drinks



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### PRE-WORKOUT & COMPETITION MEAL IDEAS

- Scrambled eggs, toast with 100% fruit jam, lean sausage, and fruit
- Breakfast sandwich with eggs, cheese, and lean sausage paired with a fruit, yogurt, and granola parfait
- Lean steak or roast, baked potato with toppings of choice, garden salad, and fruit
- Deli meat and cheese wrap with veggies and avocado paired with whole grain pita chips, fruit, and trail mix
- Pasta with meat sauce, garden salad, fruit, and whole grain breadsticks
- Sandwich shop: Roast beef sub sandwich with cheese and veggies, baked chips, fruit cup, or apple slices
- Fast Food: Grilled chicken sandwich, yogurt and fruit parfait, and baked chips

30 minutes to 1 hour pre-workout:

If you feel hungry, or it's been a while since you ate your pre-workout meal, add a snack to top off your energy tank. The snack should include:

- » Carbohydrates: This can be a combination of complex and simple carbohydrates to provide your body with long-lasting fuel, as well as a burst of energy to get you started.
- » Protein: This snack does not have to be high in protein if close to the workout, as carbohydrate is the most important right before exercise. However, adding cheese, peanut butter, or beef jerky to your snack can help stabilize your blood sugar and energy levels for the upcoming hours of training or competing.
- » Fluid: 5-10 ounces of water or sports drink.

If you have a finicky stomach, or have a hard time eating before training or competitions, consider the following:

- Eat earlier in the day so you accumulate adequate nutrition before training.
- Instead of eating one big pre-workout or competition meal, eat multiple mini meals leading up to the training session, game, or event.
- Fuel up with a smoothie or ready-to-drink shake that contains carbohydrate and protein.
- Don't try new foods — stick to familiar foods, meals, and fluids.
- Practice eating different foods on non-competition days to know what your body digests the easiest.



### THINGS TO AVOID:

**Spicy foods, garlic, creamy foods, fried foods, and other food that might cause gut distress.**