

Nutrient Timing

Fueling UP & RE-Fueling for Optimal Performance

Maintain energy, reduce injury, and improve recovery with fueling strategies before and after workouts.

Before Workouts

Recommendations

Fluid

5-7mL/kg body weight
at least 4 hours prior
10-15oz for 150# athlete

Energy

1-4g carbs/kg body weight 1-4 hours before activity
~15-30g carbs 30 minutes before

Pro Tip

Choose options low in fiber, with simple carbs & sodium if >1.5-2 hours after a meal or fasted

Examples

- Graham crackers + water
- Apple/White Grape Juice
- 1/2 Bagel + water
- Banana + water
- Fruit smoothie
- Granola bar + water
- Sports drink
- Apple sauce

After Workouts

Recommendations

Carbohydrates	1-1.2g/kg within 0-4 hours
Protein	0.3g/kg within 0-2 hours
Water	Replace 150% fluid lost
Sodium	~1380mg/L of fluid (1/4-1/2 tsp)

Examples

- Post-workout meal + Fluid
- Chocolate milk
- Protein bar + sports drink
- Graham crackers + peanut butter + milk
- Trail mix + water
- Fruit smoothie + whey protein powder