Fueling For the Best Training: Pre Workout

**Pre Workout: Fuel**

About ¾ to 2/3 of the meal or snack should be carbohydrate and ¼ to 1/3 protein.

The idea is to consume a mostly simple carbohydrate meal before you workout to provide energy boost for that workout. This is a time when simple carbohydrates with less fiber actually come into our diet. The majority of our diet should contain high fiber foods.

Plan for early morning workout snack. Even just a piece of fruit will digest quickly before a morning workout. Or grab a small granola bar on your way out the door.

Plan meals as pre workout as needed. If you are working out or training in the afternoon or evening, plan your lunch or dinner to be your pre workout fuel.

Test out different food combinations to see what works best for you and your training. Does eating a bagel sit well? Or does just a banana feel better? Don’t forget hydration too.

Give your body enough time to digest the amount of food you ate.

Berries and Almonds

Crackers and hummus

Apple and PB

Toast and Jam

Chips and Bean Salsa

Oatmeal and Raisins  
Homemade smoothie

Banana and PB

**Boost: Beet Root Juice**

The nitrates in beets work in the body as a vasodilator, helping to dilate blood vessels to better move oxygen and nutrients to the working muscle groups.

What’s happening is that this is helping you to do the same amount of work with less oxygen consumption. (or to do more work for the same amount of oxygen)

Typically 8-12 oz 30-40 minutes pre workout has been tested and is a safe recommendation. Be extra cautious of any supplements.

**During Workout: Hydrate**

For a workout lasting an hour or less, water is perfect to rehydrate. You should be drinking about 16oz of water for each hour of training or exercise.

For a workout or competition lasting longer than an hour, an 8oz electrolyte drink with a simple carbohydrate, like fruit juice, every half hour is recommended. A small snack like banana or raisins is also sufficient. A salty snack, like pretzels, can also help. The idea is to eat or drink something that will replenish the lost electrolytes and carbohydrates.