

# PREWORKOUT FUELING STRATEGIES

NOT QUITE SURE HOW TO FUEL BEFORE PRACTICE? TAKE A LOOK AT OPTIONS TO EAT AT DIFFERENT TIMES BEFORE A WORKOUT

## LESS THAN 60 MINUTES BEFORE

Amount of food: 1 serving

- 12-20 oz sports drink
- 1 cup low fat chocolate milk

## 1-2 HOURS BEFORE

Amount of food: 1 serving of 1-2 foods

- Fruit (banana, apple, orange)
- Hummus on a slice of whole grain bread
- Mini bagel or English muffin with peanut butter
- Low fat yogurt
- Small bowl of cereal
- Smoothie with fruit & protein powder

AND

- Hydration (water + food options above)

## 2-3 HOURS BEFORE

Amount of food: 1 serving of 2-3 foods

- Bagel with peanut butter & banana
- Egg sandwich on English muffin
- Greek yogurt & berries + granola bar

AND

- Hydration (water + food options above)

## 3-4 HOURS BEFORE

Amount of food: 1 serving of 3-4 foods (meal)

- PB&J sandwich + pretzels + fruit
- Turkey sandwich + hummus and carrots + pita chips + yogurt
- Yogurt + energy bar + banana
- Pancakes + side of eggs

AND

- Hydration (water + food options above)

## 4+ HOURS BEFORE

Amount of food: 1 serving of 4 foods (meal)

- Pasta with marinara + roll + fruit and yogurt
- Turkey taco meat + rice + corn tortilla + salsa + yogurt
- Grilled chicken breast + baked potato + roll + broccoli

AND

- Hydration (water + food options above)

## QUESTIONS?

Contact me at:  
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