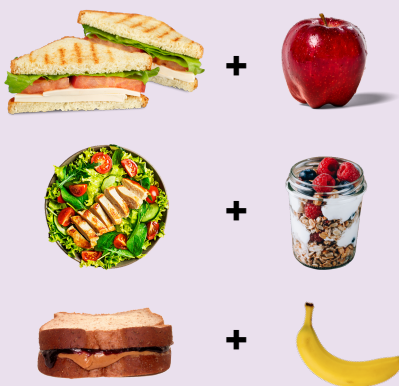


Quick Guide to: Nutrient Timing

Pre-Competition

2-3 Hours Before



30-60 Minutes Before



Reminders!

- Low Fiber & Fat
- Hydration (water)
- Sports drink if you are a heavy sweater
- Quick Digesting Carbs
- Balanced Plate 2+ hours before game

Between Games



Reminders!

- Rehydrate & replace fluid and electrolytes
- Include a carbohydrate source to replenish glucose for next game/event
- Get something in your body at this time

Post Exercise

1. Refuel with Carbs



2. Rebuild with Protein



3. Rehydrate



Reminders!

- Food before supplements
- High Protein (20g) + Moderate Carbohydrate
- Rehydrate

Pre-Competition

2-3 Hours Before



30-60 Minutes Before



Reminders!

- Low Fiber & Fat
- Hydration (water)
- Sports drink if you are a heavy sweater
- Quick Digesting Carbs
- Balanced Plate 2+ hours before game

Between Games



Reminders!

- Rehydrate & replace electrolytes
- Carbohydrate source to replenish glucose for next game
- Get something in your body at this time

Post Exercise

1. Refuel with Carbs



2. Rebuild with Protein



3. Rehydrate



Reminders!

- Food > supplements
- High Protein (20g) + Moderate Carbohydrate
- Rehydrate
- High importance during 2-a-day training days