

FUELING FOR AN EVENT



3-4 HOURS

**BEFORE WORKOUT
OR COMPETITION**

CONSUME A FULL MEAL

Focus on carbohydrates: fruits, starchy vegetables, grains, bread, pasta, beans, lentils

Drink plenty of fluid



HAVE A SMALL SNACK

Consume primarily simple carbohydrates
Keep hydrating, but in smaller quantities



30-60 MINS

**BEFORE WORKOUT
OR COMPETITION**



DURING

**WORKOUT OR
COMPETITION**

IF FOOD ALLOWABLE DURING COMPETITION; OTHERWISE REPLENISH AT HALF-TIME

Choose easy to digest carbohydrates:
raisins, energy bars, dates, pretzels

HYDRATE! Drink water or sports drinks
every 10-30 minutes



POST

**WORKOUT OR
COMPETITION**

ENDURANCE ACTIVITY OR INTENSE TRAINING

Consume 3:1 ratio carbohydrates to protein
within 1 hour of completion

EXERCISE <60 MINUTES

Eat at next planned meal or snack