

FUELING FOR ENDURANCE TRAINING



Pre--Exercise

Timing	Composition	Hydration
3 to 4 hours before exercise	High in quality carbohydrates (e.g., English muffin, pancakes, waffles, lower fiber cereal, or whole grain bread) Lean protein (e.g., eggs, turkey, ham, roast beef, chicken, or tuna) Low in fiber and fat	4 hours before activity, start hydration strategies ♦ Example: Drink about 20 oz water

Pre-Exercise Snacks

Timing	Composition	Hydration
30 mins to 1 hour before	High in carbohydrates (e.g., chocolate milk, yogurt, fruit and nut butter, or sports drink with protein powder) Moderate in protein, low in fat and fiber	Continue hydrating ♦ Example: Drink 5 to 10 oz of water

Table Estimated Energy Stores in Humans Adapted from the Academy of Nutrition & Dietetics Sports Nutrition Care Manual

Note: These are just guidelines. You should always consult with a dietitian and work alongside a nutrition coach.



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Peri--Exercise

Timing	Composition	Hydration
Carbohydrate intake should begin shortly after onset of activity, but only if the exercise session is continuous and will last more than 60 minutes * Unless you are gut training.	Products providing multiple transportable carbohydrates such as sports gels, blocks, sport beans, sports drinks, fruit, or high-carbohydrate bars with little to moderate protein	Continue hydrating, which is dependent on the athlete's sweat rate ♦ Example: 0.4 to 0.8 liters per hour sports drinks should contain 6 to 8% carbohydrate solution

Post Exercise

Timing	Composition	Hydration
Critical only if another exercise bout is planned within 24 hours; however, no harm in replenishment soon after exercise. (Continue meals in 2-hour intervals up to 6 hours.)	Quality carbohydrate and lean protein. Carbohydrates: 1 to 1.2 g/kg per hour for 4 to 6 hours post-exercise Protein: 0.25 to 0.3 g/kg post-exercise	Continue hydrating ♦ Example: Drink 16 to 24 oz water or sports drink for every pound lost during exercise (1.25 to 1.5 liter per kilogram of body weight lost during exercise).

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