

Make each session your best

What to eat around training

Fuelling your activity is really important for good energy levels, performance and to push yourself further, because the harder you work and the more you can do and improve in training the better you will become. It's a balance of having the right fuel to match your training readily available in the system to get the body working, but without being overloaded and too full. Here are the basic rules to follow.

Before Training

Carbohydrates are the primary fuel source for the body and the brain. A light meal mostly dominant in carbohydrates and lower in fat and fibre prior to training will make the right fuel available for the muscles to use. Have this between 90min to 30 min before activity.

After training

The body needs carbohydrates *again* to replace what has just been used and to assist with muscle repair and recovery. After heavy or long training sessions, the body also needs protein for muscle growth and to repair damaged muscle so you aren't sore the next day and can back up with your next session. Have a **protein and carbohydrate** at the meal or snack following as soon as possible – don't wait until the next meal to eat something.

Some examples of suitable food and beverage options include:

Before - around 30min before

- Piece of fruit – banana or diced fruit tub
- Regular or raisin toast with jam or honey
- 150ml fruit juice
- 200ml low fat milk
- Rice cakes, corn thins or cruskits plain or with jam
- Muesli/cereal bar

After – as soon as possible to start the recovery process

- Sustagen popper
- Up and Go or Up and Go energize popper
- 200g low fat yoghurt or Le Rice or yoghurt tube
- Protein shake
- 1 slice whole meal/grain toast with 140g tin baked beans + slice cheese
- 1 slices whole meal/grain toast with 1-2 eggs – boiled / scrambled /poached
- Toasted sandwich with ham/low fat cheese/tomato
- 1 cup wholegrain cereal and light milk
- Fruit smoothie made with 200ml skim milk, 1 piece fruit, ice, 50g low fat yoghurt
- 1 cup cooked pasta with a tomato and chicken or mince pasta sauce
- 1-2 slices toast with 3Tb low fat cottage cheese & tomato
- 2 slices regular raisin toast with low fat ricotta

PRINCIPAL PARTNER