

STAY STRONG
AND ENERGISED

WHAT TO EAT BEFORE TRAINING



WHY FUEL BEFORE TRAINING?



Provides energy for performance



Prevents fatigue and
muscle breakdown



Supports focus and
reaction time



WHAT AND WHEN TO EAT?

Aim for high carb, low fibre, low fat, small amount protein.

60-90
minutes
before

Ham + lettuce + tomato sandwich
Sushi
Pasta + sauce
Cereal + milk



30
minutes
before

Honey/Jam sandwich
Banana
Muesli bar
Creamed rice
Fluids: Water or batch tested sports drink



**PRO
TIP**

If you struggle to tolerate food before training, try a smoothie (made with milk, yoghurt, berries and banana) or increase the time between eating and training.



HIGH PERFORMANCE
SPORT NEW ZEALAND