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