

What to Eat Before Training

The pre-training meal is essential as it isn't good to exercise on an empty stomach. Providing your body with some carbohydrate and protein will give you the energy you need to perform well during your workout.

Sample meals might include:

- One large banana and 1 cup of cottage cheese
- Two slices of whole-wheat toast and one whole egg plus three egg whites
- Whole wheat tortilla and 1 cup chopped chicken breast
- Remember to add some healthy fats such as avocado or chia seeds to balance out the meal

How to Fuel During Training

Unlike endurance athletes, you don't need to consume food during your training session. But you should consider a hydration plan

- Fluids during the activity (Water or Gatorade)
- Pre-activity foods and fluids (Water, Gatorade, protein shake)
- Post-activity food and fluids (Chocolate Milk)

What to Eat After Training

Carbohydrate: Consume 50–100 grams of carbohydrates soon after your session.

Fluids: In the first hour or so, try to drink enough fluids to recover what you have lost plus 50% on top of that to compensate for the post-exercise energy expenditure, especially if you plan to train again that day. You can measure fluids lost by weighing yourself before and after exercise. You can also keep an eye on your urine color, making sure that it stays light yellow.

Protein: Consume 10–20 grams of protein with carbohydrates within 30 minutes of your session. Less may be appropriate for lighter training programs.

Other post-workout snack ideas include:

- Greek yogurt with oats and chia seeds
- One banana with a tablespoon of peanut butter
- Whole wheat toast with sliced turkey