

















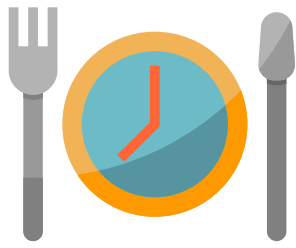
Building Your Meals

Consumption of a pre-training meal 3-4 hours before exercise begins works for most people. This should contain a source of carbohydrate and some protein at minimum (eg; a filled sandwich, bowl of pasta Bolognese, baked potato with filling, bowl of porridge made with milk & topped with yoghurt and fruit).

Pre Training Meal Builder

Wholegrain Carbohydrates	Protein	Colour	Healthy Fats
			
			
			
			

Pre Training Meal Builder



3-4hrs
Before Training



Objective:

Fuel the session, satisfy appetite & help meet higher nutrition requirements for your session.

Target: 1g carbohydrates/kg bw

1g / kg

20-30g

Some

Small amount

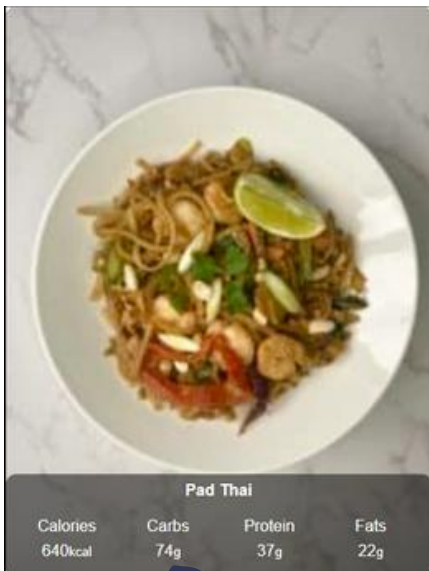
Wholegrain
Carbohydrates

Protein

Colour

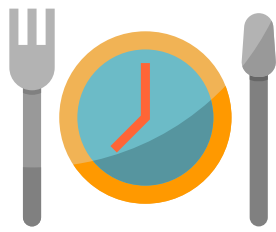
Healthy
Fats

Options:



Eg. 75kg = 75g Carbs

Pre Training Snack Builder



1-2hrs
Before training



Objective:

Fuel the session, satisfy appetite & something familiar and easy to digest.

Target: 15 - 30g Carbohydrates

15-30g

Some

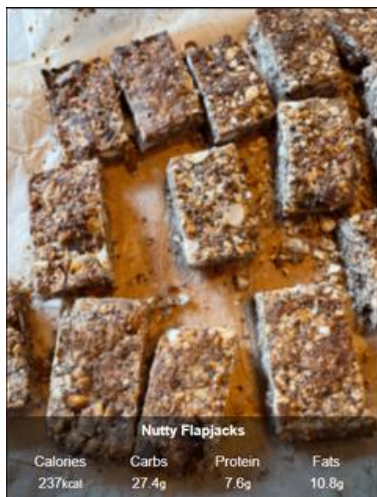
Some

Wholegrain Carbohydrates

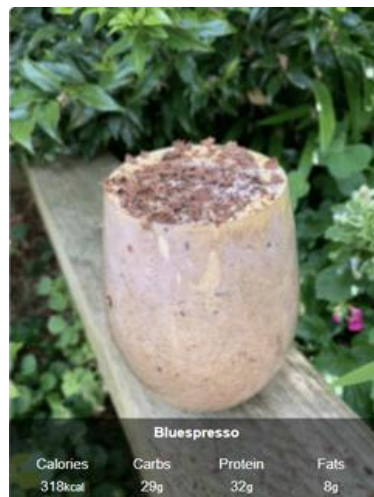
Protein

Colour

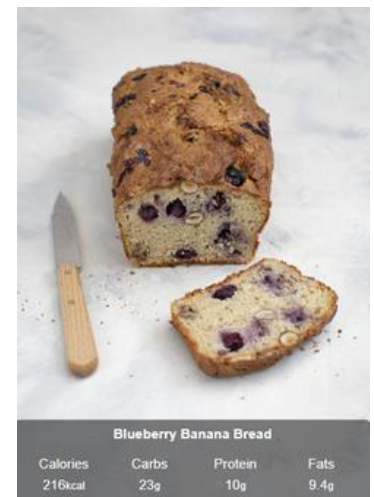
Options:



Nutty Flapjacks



Bluespresso

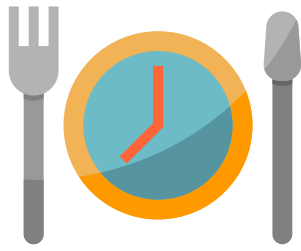


Blueberry Banana Bread



PB & Banana on toast

The Top Up (If needed)



Within 30mins
Before training



Objective:

Top up fuel that's easy to digest and
can be utilised quickly

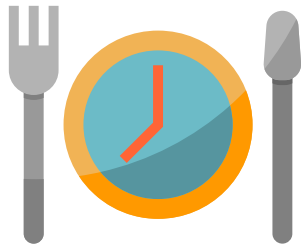
Target: 15 - 30g Carbohydrates

Fast Digesting Carbohydrates

Options:



Post Training - Recovery



Within an 1-2hrs after training



Objective:

To support the recovery of muscles and replenish glycogen stores after training.

**Target: 1.5g carbs/kg bodyweight
20-30g Protein**

1.5g / kg

20-30g

Plenty

Some

Wholegrain
Carbohydrates

Protein

Colour

Healthy
Fats

Options:



Rest Day

On a **rest day**, reducing the amount of carbohydrates you have throughout the day and replacing these with extra vegetables and healthy fats such as avocado, olive or rapeseed oil, nuts or seeds would be beneficial. This is because the body doesn't need as many carbohydrates as a training day and will benefit from the antioxidants and other micronutrients to aid recovery on a rest day

If you train 8-11 hours per week, then rest day carb intake should probably fall in the 3-4g per kg of body weight range.

If you train 12-15 hours per week, then rest day carb intake should probably fall in the 5g per kg of body weight range.



Options:

