

Eating and Hydrating Before Training

Why should I eat and drink before sport?

Your body needs energy in the form of carbohydrates (CHO) in order to maintain your blood glucose levels and enhance both your physical and mental performance. Your pre-training snack or meal is crucial for all athletes BUT even more critical if you are training twice a day! This high CHO snack will help you replenish your muscle glycogen stores and your liver glycogen stores.

If your training sessions are scheduled for the morning a pre-training high CHO snack is CRITICAL- while you are asleep your body goes into a state of fasting and a normal overnight fast will lower your liver glycogen stores to a degree that would impact your endurance performance!

Starting your training session in a dehydrated state can ruin both your pleasure and performance. Try to consume at least **500ml of fluids** with your pre-training snack. If your training schedule is in the afternoon, try to consume at least 2 litres of fluids during your day!

Try to MONITOR your daily fluid intake- record the total volume consumed during training and total volume consumed during your school or workday!!

What should I eat before sport?

Here is a checklist for your pre-training food and fluid intake:

- food is easy to digest
- food/fluid is rich in CHO (read the food label)
- food is from the Vegetable and Fruit or Grain Products Food Groups
- food is low in total fat (read the food label)
- the snack/meal includes 500ml of fluids
- the food(s) chosen is familiar and enjoyable



Have a plan- don't try any NEW foods right before a training session. Record which foods and fluids help you perform during your training session and use this list to develop a plan for pre-competition eating.

When should I eat and drink before exercise?

It is recommended that the pre-training snack/meal be consumed 2-4 hours prior to training. The timing of the meal/snack will depend on the amount of food and fluids that are consumed and the type of training that will be done (cardio vs. weight training).

It is important that the timing is right for each athlete to ensure stomach comfort-neither leaving you too full at the start of training or too hungry near the end of the session (for training sessions lasting longer than 1 hour you might need an additional CHO source to consume during your training session).

For training sessions scheduled for the morning, you would want to have your pre-training snack 2 hours prior to training- if that is not realistic for very early morning sessions, have a small snack pre-training and a larger snack/meal the night before.

Smart pre-training food/fluids choices: high CHO, low fat and low fibre

- breakfast cereal + low fat milk or soy milk + fruit
- toast + small amount peanut butter + fruit juice
- low fat yogurt + fruit
- cooked oatmeal + raisins + low fat milk
- sandwich with small amount of meat + cheese
- yogurt smoothie with fruit
- toasted bagel with jam and peanut butter
- 2 granola bars + canned fruit
- pasta + tomato sauce
- crackers + cheese + fruit
- baby carrots + mini bagels with cheese

ALWAYS INCLUDE FLUIDS- WATER, JUICE, SPORTS DRINKS