



# PRE & POST TRAINING NUTRITION

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## ARTICLE 6

What you eat before and after you train can, and does, heavily impact your performance and your recovery! If you're not training to your potential because you don't have enough energy, or you're so sore for days on end ALL the time – you aren't optimising your training and it may take longer for you to see results!

### Before you train:

30 to 60 minutes before you train, it's a good idea to eat simple carbohydrates! Simple carbohydrates are carbs that are broken down and absorbed fast, giving you energy sooner.

Simple carbohydrates are naturally found in fruit and honey, or are artificially found in things such as lollies, fruit juice and cereal.

It's also a good idea for these foods to be lower in fat and fibre. This isn't your typical advice to be taken throughout the day, but the reason this is recommended before training is because fat and fibre SLOW DOWN the digestive process. So if you're after quick energy, and don't want to feel too full for training.. it's a great idea to avoid them in your pre-workout meal!

So, what are some foods that fit this category?!

- Bagel
- Banana
- Toast
- English muffins
- Honey
- Oats
- Low fat Greek Yoghurt and granola
- Fruit Smoothie

### After you train:

Your post training meal is all about replenishment and aiding the recovery process so you can continue to have good quality training sessions for the rest of the week!

Carbohydrates will be responsible for restoring glycogen, or energy stores, in your muscles and protein is absolutely necessary to rebuild your muscle as each training session inflicts trauma on your muscle, causing it to be broken down. So it decreases muscle protein breakdown, and aids muscle protein synthesis (muscle growth).

It is ideal to consume this meal or snack within 30 minutes of training! This is often why people consume protein shakes immediately post workout – they may not be able to eat right away, but they have started the recovery process!

Some post workout meal ideas are:

- Beef or tofu stir fry
- Chicken and sweet potato oven baked chips or rice
- Protein oats with sugar free maple syrup
- Pita and hummus

These are guidelines to follow, but remember, it's of the utmost importance that you choose foods that you ENJOY eating!!!

