

## NUTRITION TRAINING

Pre training fuelling done 30 min to 3 hours prior (depending on what you can tolerate and the intensity of your training)

Post training refuelling within 15-30 min of finishing

Post training refuelling to be had in addition to regular meals and snacks (could be had as an extra snack or additions to a main meal or snack)

If your training is greater than 80 min, having carbohydrate (CHO) during your training can keep your blood glucose levels steady, fuel your muscles and brain and help you get the most out of your exercise.

### CONDITIONING (STRENGTH AND ENDURANCE)

Pre conditioning - 15-30g CHO

1 large banana + honey + optional: 1 tsp of peanut butter

250ml hot or iced drink made on cow's milk or oat milk  
Up & Go

1 large apple + optional: 1 tsp of peanut butter

1 muesli, oat or fruit and nut bar (e.g. Carman's)

1x toast with jam/honey

400ml sports drink or 600ml

1/2 strength sports drink

GU chocolate pudding or gel

Scone/crumpet/pancake + jam or honey

Post Conditioning - 30g

CHO and 20g protein

500ml milk glass

250ml glass of milk/soy

milk/oat milk + 1 scoop

protein powder + fruit

Up & Go Energize

Rokey Farms Smoothie

2 x toast + hummus + 50g

chicken/turkey/small tin

tuna/salmon (1/2 palm size)

5 ryvitas or vita wheats +

100g cottage cheese

1 Carmen's fruit and nut bar

+ Yopro yoghurt

4 rice cakes + tinned

tuna/salmon/60g chicken

(1/2 palm size) + optional

toppings

1/2 cup pasta/rice/sweet

potato + 60g

chicken/beef/turkey/tin

tuna/salmon (1/2 palm size)

+ optional additions (e.g.

leafy greens)

Pre Strength - 15g CHO and 10g Protein

250ml hot or iced drink made on cow's milk, soy milk or oat milk with added protein

Up & Go (any)

Protein bar + dried or fresh fruit

Fruit or oat muesli bar + handful of nuts

Protein yoghurt tub (e.g. YoPro) + banana

2 x rice cakes + hummus or cheese + 1/4 cup nut mix

1/4 cup muesli/cereal + 1/2 cup milk

Post strength - 15g CHO and 20g Protein

250ml of cow's milk/oat milk + 1 serve protein powder

250ml almond milk/soy milk + 1 serve protein powder + banana or mango

Up & Go Energize

Protein yoghurt tub (e.g. YoPro) + honey + handful of almonds

2 rice cakes + tinned tuna/salmon/60g chicken (1/2 palm size) + optional toppings

1/4 cup pasta/rice/sweet potato + 60g

chicken/beef/turkey/tin tuna/salmon (1/2 palm size)

+ optional additions (e.g. leafy greens)

DURING >80MIN MED-HIGH INTENSITY EXERCISE

CHO rich snack that you feel you can tolerate:

Dried fruit

Lollies (e.g. Allen's red frogs)

Gels

Juice

Oat milk

Electrolyte drink with glucose

Clif bar

Rice cakes with honey

Banana

Pringles

Pikelets

Toast