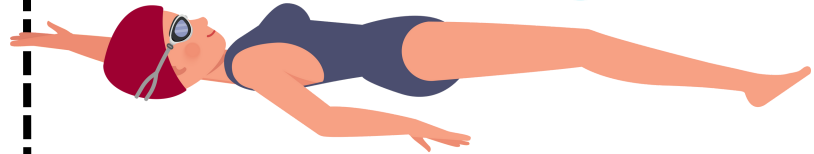


Why?

When you show up to practice, you want to be able to feel and perform your best. It is difficult to perform your best if your battery is at 80% rather than 100%. Utilizing a pre-workout snack allows for readily-available energy during exercise which in turn allows you to practice, perform, and compete your best.

What?

Carbohydrates are the premier energy source for athletes during exercise. For your pre-workout snack, you want to focus on easily-digested carbohydrate sources. Check out the examples to the right for more inspiration!



When?

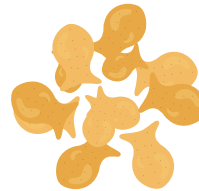
Because the goal of a pre-workout snack is to provide energy right before exercise, you really want to be eating your pre-workout snack as close to exercise as possible - ideally 30 minutes to an hour before practice. With this being said, each athlete is different. Some athletes may need to eat earlier than an hour before practice to avoid GI distress, while other athletes may do better with a larger meal rather than a light snack prior to practice which can take more time to digest. Part of nailing your pre-workout snack involves trial-and-error with different snack options and timing.



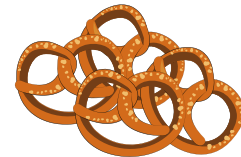
Troubleshooting:

- Before exercise, it can be best to minimize foods with high fat or spicy foods. While these foods can be included in your diet outside of a pre-workout snack, they can sometimes lead to GI distress prior to exercise.
- For athletes who have a hard time with solid foods prior to exercise, try out liquid options such as a smoothie or shake.
- Having an empty stomach can actually lead to GI distress for some athletes. Before ruling out a pre-workout snack as part of your training plan, we encourage you to experiment and see if your GI problems during exercise are not actually due to an unsettled stomach from a lack of food.

Examples:



goldfish crackers



pretzels



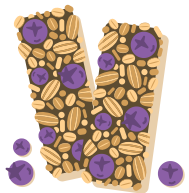
bagel



fruit snacks



dried fruit



granola bar



banana with peanut butter



cereal



trail mix

Written by Catherine Liggett