

## PRE-TRAINING SNACK

**Fuelling for training is essential to get the most out of your session. Read on to find out why and when you should have your pre-training snack and what it should consist of.**

### Why do I need to eat a pre-training snack?

The purpose of a pre-training snack is to top up your energy stores. This ensures you start each session with fuel to maintain physical and mental performance. If you are not well fuelled, both your performance and concentration may suffer.

For sessions over 60 minutes, additional fuel may be needed during training to maintain intensity levels.

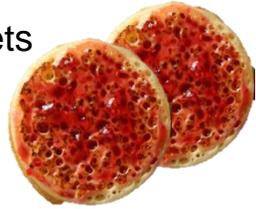
### Your pre-training snack should be:

- ✓ Easy to digest
- ✓ High in carbohydrate
- ✓ Low in fat and fibre
- ✓ Familiar to you



### Pre-training snack ideas

- ❖ Cereal (no added sugar) with low fat milk
- ❖ Instant oat pot
- ❖ Fruit bread
- ❖ Pancakes or crumpets with jam or honey
- ❖ Banana
- ❖ Granola bar (no added sugar)
- ❖ Non-dairy smoothie
- ❖ Dried fruit
- ❖ Rice pudding made with water or low fat milk



### How much do I need?

The size of snack will depend on the type of session you are doing and how long you are training for.

Your snack should contain 1-4 g of carbohydrate per kg of your body mass. For longer, harder sessions consume more carbohydrate than shorter, lighter sessions.

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### Basic pre-training smoothie recipe

- ½ - 1 cup low fat milk or fluid alternative (juice or water)
- ½ - 1 cup fruit (best if frozen)
- 1 teaspoon vanilla essence (optional)

### To boost the carbohydrate content try adding:

- ½ tablespoon honey
- ¼ cup oats
- 1 banana



### Top Tips

- Plan your snack so that you are prepared what ever you are doing or where ever you are
- Find what works for you
- Practice fuelling options in training so there are no surprises in competition
- Mix it up and enjoy a variety of snacks

### “Myth Busters”

**Q** Should I avoid fast release carbohydrates before training?

**A** No, have a mix of fast and slow releasing carbohydrates and in your snack

**Q** Will dairy not upset my stomach?

**A** Unless you have an allergy or intolerance, dairy is fine to consume pre-training just go for lower fat options



### When should I eat my pre-training snack?

Consume your pre-training snack **60 minutes before** your session if it is food or 30 minutes before if it is liquid. Everyone is different so you may need to alter these times slightly



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**“ Consume a snack high in carbohydrate 60 minutes before your session ”**  
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### Summary

A pre-training snack is important to top up your energy stores. It should be carbohydrate rich while being low in fat and fibre. Eat your pre-training snack ~60 minutes before your session

### Also...

Check out our post-training snack fact sheet for ideas on recovery and refuelling