



Fueling Time Line

The choices and timing of an athlete's diet are the most controllable factors in effecting performance. By following the timeline, you will have adequate energy, concentration, and recovery.



elevationnutritionrdn.com

2-3
hours
before

.5 to 1
liter of
water

EAT A MEAL

A pre-training plate of pasta, rice, bread, or potatoes AND vegetables, plus some protein.

Don't stuff yourself

1-2
hours
before

.5 to 1
liter of
water

EAT A SNACK *(optional)*

Light snack if needed or unable to eat earlier such as fresh fruit, crackers with nut butter, 1/2 sandwich, or small smoothie.

0-1
hours
before

NO FOOD

Focus on hydration.
Take sips of water.

5 min
before

EAT A QUICK SNACK *(optional)*

Eat a quick energy snack, especially if you have not been able to eat earlier. Fresh fruit, dried fruit, granola bar, 8 oz of sport drink, or 4 oz. of smoothie.

0-1
hours
after

2 liters
of water
over the
next few
hours

EAT A RECOVERY SNACK

Replenish glycogen with carbs and some protein.

Fresh fruit & nuts or seeds, bagel, sandwich, fig bars, yogurt, smoothie.