



### **Pre and Post Workout Nutrition**

March has been designated “National Nutrition Month” so it’s the perfect time to answer all those frequently asked questions that I receive from parents and athletes! First, what should you eat prior to and after athletic participation (game or practice—doesn’t matter)? In my opinion, pre and post nutrition meals are the most important meals of the day. What you do the rest of the day also impacts your recovery from training and competition. Think about it, if you spend 1-3 hours a day breaking your body down with your workout regimen, the rest of the day is spent repairing it! This includes sleep as well but that’s a topic for another day!

First off, what to eat prior to training or competition: Morning workouts do present challenges, but it’s important to eat something light—a carbohydrate or fast digesting protein. This gives you the ability to have a more intense workout for a longer period than without the meal. The majority of you are athletes working out after school and this sets up a similar challenge to the morning workout time. You haven’t had anything to eat since lunch, right? Make time for that same light morning snack to provide you with the energy to put in a full workout.

#### **Pre workout nutrition examples:**

- 1/2 a cup of orange juice and water with whey protein
- Cliff bar or power bar (stay away from protein bars with sugar alcohols they will cause gas and bloating)
- Greek yogurt with some granola
- 1 slice of whole wheat bread with natural peanut or almond butter
- Berry smoothie (vanilla protein + frozen berries + orange juice + ice and blend)

Now that you just had an intense workout or practice, you want to refuel your body within 45 minutes of activity. Depending on the intensity of your workout, your muscles are depleted of nutrients. After a training session, your body craves nutrients to repair damaged muscle tissue. If you’re not feeding your body, not only will you not optimize your training, but you also risk your body turning to lean muscle stores for energy. You want to get some simple sugars and fast digesting protein in your system as soon as possible.

#### **Post workout nutrition examples:**

1 slice whole wheat bread with honey – Whey protein with water

½ cup of raisins – Whey protein with water

12 oz of chocolate milk

Myoplex shake (by EAS)

Muscle Milk shake (by Cytosport)

My Favorite (1 scoop chocolate whey protein+ 1 tablespoon of peanut butter+ 1 banana + water and ice-blend for a great tasting shake)

One more thing, if your workout is prior to dinner time, don't replace your dinner time meal with your post workout nutrition. Complete your post workout nutrition, wait an hour, then have dinner. If you are worried about gaining weight then cut out the starch and just have a lean piece of meat and some vegetables.

Now that you have the knowledge, take advantage of you next training session by properly fueling your body!

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