

What to Eat Before Training Session/Competition



Why Pre-Training and Competition Nutrition is Important

Eating the right foods before training or a competition gives you the energy you need to perform at your best, stay focused, and keep going strong until the end. A balanced pre-workout meal or snack will help you feel energized, focused, and ready to take on any challenge!

1. Gives You Energy to Perform Your Best

- Carbohydrates give your muscles the fuel they need to power through intense training or a competition. If you skip carbs, you may run out of energy early and feel tired or weak during competition.

2. Keeps You Focused

- Having the right fuel helps you stay mentally sharp, making it easier to react quickly, think clearly, and stay focused on your performance. Protein and a small amount of healthy fats help keep energy levels steady so you can stay in the zone.

3. Prevents Muscle Fatigue

- By including a small amount of protein in your pre-workout snack, you help support your muscles and prevent early fatigue. This means you'll be stronger and quicker for longer, which can make a big difference in performance.

4. Supports Your Stamina

- A balanced pre-workout meal releases energy slowly, keeping you fueled through every quarter, set, or lap.

5. Builds Good Habits for Competition Days

- Practicing good pre-workout nutrition helps you find what foods work best for you, so you know exactly what to eat on competition days. Developing these habits now means you'll feel more confident and prepared when it counts.

What to look for?

1. Carbohydrates

- Provides fast, long-lasting energy.
- Sources: Rice, pasta, whole grains (like oatmeal and whole-grain bread), fruits (like bananas and apples), and starchy vegetables (like potatoes).

2. Protein

- Supports muscles and keeps you feeling full.
- Sources: Eggs, Greek yogurt, lean meats (like chicken or turkey), and peanut butter.

3. Healthy Fats (only a small amount)

- Helps keep energy steady during longer activities.
- Sources: Avocado, nuts, seeds, and olive oil.

4. Hydration

- Prevents tiredness and keeps you focused.
- Sources: Water is essential!

Top 5 Pre-Workout Snack Ideas

1. Banana with Peanut Butter
 - Why: Bananas provide quick, easy-to-digest carbs, and peanut butter adds a small amount of protein and healthy fat to keep energy steady.
2. Whole-Grain Toast with Peanut Butter and Sliced Strawberries
 - Why: Whole-grain toast gives long-lasting energy, peanut butter provides protein, and strawberries add natural sugars for a quick boost.
3. Oatmeal with Honey and Berries
 - Why: Oatmeal is full of carbs for steady energy, and honey and berries provide a natural sugar boost to get you ready to go.
4. Greek Yogurt with Honey and a Few Nuts or Granola
 - Why: Greek yogurt has protein, honey adds quick carbs, and a sprinkle of granola or nuts adds a bit of crunch and healthy fat.
5. Apple Slices with Cheese Cubes
 - Why: Apples give you energy-boosting carbs, and cheese provides protein and a little fat to keep you fuelled without feeling heavy.

Top 5 Pre-Workout Meals

1. Beans on Wholegrain Toast
 - Why: Baked beans are a classic and provide protein and energy-packed carbs, while wholegrain toast gives lasting energy.
2. Cheese and Ham Sandwich with Cherry Tomatoes and Apple Slices
 - Why: Wholegrain bread provides slow-release energy, while ham and cheese add protein. Cherry tomatoes and apple slices add a juicy, refreshing touch, with vitamins and natural sugars for energy.
3. Mini Jacket Potato with Tuna and Sweetcorn
 - Why: Jacket potatoes are a great source of carbs, and tuna offers lean protein to keep you fueled. Adding sweetcorn gives a touch of sweetness and extra vitamins.
4. Wholegrain Crackers with Cream Cheese, Sliced Cucumber, and Grapes
 - Why: Wholegrain crackers provide carbs, and cream cheese and cucumber slices make it fun and tasty. Grapes add natural sugars for an energy boost
5. Ham & Cheese Mini Wraps with Carrot Sticks and Hummus
 - Why: Mini wraps made with wholemeal tortillas are a fun, easy source of carbs, and ham and cheese add protein. Carrot sticks with hummus make a additional side

Quick Tips for Pre-Workout/Competition Eating

- Timing Matters: Aim to eat your pre-workout meal or snack about 1-2 hours before training. This timing helps you avoid feeling too full or too hungry.
- Easy to Digest: Choose foods that are light on your stomach. Avoid high-fat or very high-protein foods right before exercise, as these can be harder to digest.

The Big Takeaway: Fuel Up to Perform Your Best!

Think of eating before practice or a game as filling up your energy tank. With the right foods, you're preparing your body to be strong, fast, and focused so you can do your very best.