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## **PRE WORKOUT GUIDELINES:**

**Do you have trouble getting in breakfast or a pre workout meal when your training starts in the morning? If so, you're not alone. Check the box below if any of the statements describe how you feel about breakfast.**

- ☐ "I'm not hungry"
- ☐ "I'll feel too heavy"
- ☐ "I get nauseous"
- ☐ "My body's not used to it"
- ☐ "No time"

## **PRE WORKOUT GUIDELINES:**

### **GOAL?**

- To offset the negative energy balance that exercise creates.
- Provide fuel for the muscles
- Help enhance muscle building (anabolism)

### **WHAT KIND OF FUEL?**

The majority of the pre workout meal should be carbohydrates for both endurance as well as strength training. It is common for athletes to think of consuming protein before lifting weights, however, including carbohydrates will stimulate the hormone insulin to be released, which can reduce cortisol levels (a hormone released during exercise, which causes muscle breakdown). Increasing insulin, while decreasing cortisol, can help you get stronger and build muscle. It is also important to include protein in your pre workout meal, as protein here can help prevent muscle breakdown and damage, and can help with recovery. Protein can also allow you to stay full longer, thereby extending the benefits of the added carbohydrates while minimizing the distraction of being hungry. Avoid high fat foods pre workout though, as fats take longer to leave the stomach and can leave you feeling nauseous. Great protein choices include: egg whites, eggs, cottage cheese, Greek yogurt, turkey, chicken, beef, fish, pork, chicken sausages. Avoid spicy foods, which can affect digestion. And don't forget to leave enough time for digestion. Meals require about 3-4 hours, snacks 1-2 hours.

### **HOW MUCH?**

- The General recommendation is that an athlete should consume about 1g/kg of carbohydrate, 1 hour in advance of the workout, and should have carbohydrates more the further away the workout is (2g/kg for 2 hours in advance, 3g/kg for 3 hours in advance, 4g/kg for 4 hours in advance (ref)). For a 70kg runner (154 lbs), an example of a good choice 1 hour in advance, would be a Gatorade (34 g



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carbohydrate)+ a mini bagel (35g carbohydrate) or Gatorade + Granola Bar. Even simpler, aim for a “fistful” of food 30 min – 1 hour before a workout to top off your glycogen stores and prepare your muscles for exercise.

### **SPECIFICS**

Power start your day by choosing carbohydrates such as whole grain toast, oatmeal, cereals, English muffins, or whole grain waffles. Add milk to boost calcium and protein and add fruit to boost fiber, vitamins, and minerals. Add a protein source as well such as eggs, turkey sausage, cottage cheese, Greek yogurt, nuts or peanut butter/nut butter (sunflower butter if allergic to nuts).

### **Best Pre Workout Choices:**

#### **12:30 AIM FOR LUNCH**

- Protein (chicken, fish, lean beef, turkey, ground turkey), starch (white rice/brown rice, pasta, potato/sweet potato, corn), plus vegetables (broccoli, green beans, string beans, spinach, asparagus, cauliflower, salad, mushrooms etc).
- Protein sandwich - turkey/ham/roast beef/chicken sandwich with avocado + something on the side - soup or salad or pretzels
- Salad with beans, chicken/tofu/dressing + minestrone soup with rice

#### **2:30 PM: “TOP OFF YOUR TANK”**

- Smoothies: sneak in some yogurt or even Greek yogurt
- Cut apple slices with a nut butter such as peanut butter (best: all natural PB with only added salt and oil), sprinkled with crushed cereal or granola.
- ½ sandwich – PBj portable and easy
- Chocolate milk + fruit
- Banana + trail mix
- ½ bagel
- Pretzels + peanut butter
- Granola bar + fruit
- Zip lock bag of your favorite cereal

### **Doing a work out in the morning?**

- Yogurt parfaits: Use a tall, clear, glass (or see through plastic) and layer the yogurt with raspberries. Alternate layers, and feel free to add blueberries too, to add a third color!
- Whole grain waffles with fruit. Add some Greek yogurt to boost protein.
- Oatmeal, berries, milk - or make your own oatmeal - assorted cut fruits, nuts, raisins, etc. Oatmeal is high in soluble fiber which means it can



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help lower cholesterol.

- Toast with peanut butter + yogurt/fruit (can do almond butter, cashew butter or soy nut butter if there is an allergy)