

# **PRE, DURING, and POST EXERCISE**

## **PRE WORKOUT:**

**Lunch:**

**2:30pm:**

## **DURING WORKOUT:**

**If longer than 60 minutes**



**30-60 g Carb:      1 Gel 25 g  
                             1 banana 30 g  
                             20 oz. Gatorade 34 g  
                             Skratch tablet**

## **POST WORKOUT:**

**15-30 minutes, carbohydrates and protein**

**Time \_\_\_\_\_ Step 1:**

**Time \_\_\_\_\_ Step 2:**