Finish Strong TIP #3

Make it to the finish line...

IT IS ALL IN THE TIMING...

Given the physical demands of your sport you need to fuel your body in an effective and efficient way.

Timing of Meals and Snacks:

- Eat within 1 hour of waking then continue on a routine of eating 4–6 times per day.
- Eat every 3–4 hours during the day.
- The closer you are to your exercise, choose foods that are carbohydrate rich and lower in fat and protein.
- Post event meal should include carbohydrate and protein.
- Drink fluids all day. Multiply current body weight X .3 for total ounces you need each day.
- Choose sports drinks with dilute carbohydrates (14g/8oz) during exercise.

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GOT QUESTIONS ABOUT NUTRITION OR IMPROVING YOUR PERFORMANCE AND HEALTH?

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