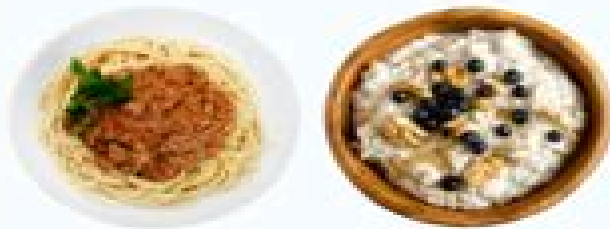


CHOOSE YOUR PRE-WORKOUT NUTRITION

THE MACRONUTRIENT COMPOSITION AND TIMING OF YOUR PRE-WOROUT MEAL IS AN IMPORTANT CONSIDERATION



2-3
HOURS
PRIOR

Ample time for digestion. Opt for a meal high in carbs with a moderate quantity of fat, protein and fibre.



1-2
HOURS
PRIOR

Less time available for digestion - choose a meal lower in fat and dietary fibre. Prioritise carbs and protein.



30-60
MINUTES
PRIOR

Digestibility is key! Prioritise carbohydrates and keep dietary fat and fibre to a minimum. Also, be mindful of food volume.



0-30
MINUTES
PRIOR

Keep it simple! A small portion of carbs and/or protein is significantly better than training under-fuelled.

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VM Jensen



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