# Sports Nutrition Timing

This playbook outlines the steps for implementing nutrient timing to enhance athletic performance. It focuses on when to consume nutrients for optimal training response and recovery.

### Step 1: Understand Timing

Learn the basics of nutrient timing which includes knowing how different nutrients affect the body during various stages of training and recovery.

### Step 2: Pre-Workout Meals

Plan and consume pre-workout meals to fuel the body with the necessary energy and nutrients. Focus on a balance of carbohydrates and protein approximately 2-3 hours before training.

### Step 3: Intra-Workout Fuel

Determine if intra-workout supplementation is necessary based on training duration and intensity. If so, use easily digestible carbohydrates and hydration solutions during the workout.

### Step 4: Post-Workout Recovery

Consume post-workout nutrients within a 30-minute to two-hour window. Focus on a combination of carbohydrates to replenish glycogen stores and protein to aid muscle repair.

### Step 5: Daily Nutrient Balance

Incorporate the principles of nutrient timing into daily dietary patterns, ensuring consistency in meeting energy and nutritional needs.

### Step 6: Monitor Progress

Track performance and recovery metrics to adjust nutrient timing strategies as needed. Take note of changes in strength, endurance, and overall well-being.

## General Notes

### Individual Variation

Nutrient timing can have individual responses; it should be tailored to each athlete's specific needs, training regime, and metabolic responses.

### Hydration

Proper hydration is crucial and should be included in nutrient timing protocols, with water intake before, during, and after exercise.