

# 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.