



# PRE-EXERCISE SNACKS

The importance of a suitable **carbohydrate-rich** snack prior to exercise, no matter what time of day, should not be under-estimated. Depletion of body carbohydrate stores is a **major cause of fatigue**, especially when exercising in the early morning when such stores have been run down from the overnight fast. An early evening dinner and no appropriate snack before bed can exacerbate such low energy.

Optimising and replenishing carbohydrate status in the muscle and liver should be of primary importance in training preparation.

Most studies report that consumption of a small appropriate carbohydrate snack within the first hour before exercise may lead to **improvements in performance in the order of 7-20%**.

## Recommendations:

1. **Choose 1 of the following carbohydrate-rich options (your choice is likely to balance a variety of factors including food likes and dislikes, availability and physical comfort):**

Banana (medium)	Energy bar, low fat	Rice crackers (2-3)
Bread (1-2 slices)*	Pikelets (2-3)*	Pretzels (6-8)
Muesli bar, low fat	Fruit muffins, low fat*	Sports drink (5-8% CHO)
Breakfast bar, low fat	Fruit bread or buns*	Jelly confectionary (6-8)**

\* with honey or jam (optional)

\*\* in moderation!!!

2. **Ensure this snack is consumed within a reasonable time period before exercise in order to adequately digest and feel comfortable (in most cases this will be no less than 20 minutes).**
3. **Ensure that you choose an option that is suitable for you and one that you enjoy!!**

**EASY TO PREPARE**

**EASY TO EAT**

**INCREASED ENERGY!!!**

#### Recommendations:

1. Begin exercise in a well hydrated condition.
2. Use a fluid replacement plan that has been practised in training; drink as much as is practical and comfortable in attempting to match sweat losses.
3. Use a drink which is cool (15-20°C), palatable and provides carbohydrate.
4. Ingest beverage regularly to increase fluid availability and make the most of the opportunities to drink.

#### Fluid:

- ? Generally, individuals can tolerate 150-300 mL every 15-20 minutes.
- ? Variation is high between people therefore devising an individualised drinking schedule, best compromising between minimising discomfort, time lost in taking a drink, while reducing fluid deficits, is of importance.

### EXPERIMENT!!!

#### Quick Fluid Requirement Estimation:

- a) Weigh yourself before and after training in minimal clothing and after towel drying.
- b) Monitor volume of fluid consumed during exercise.
- c) Determine change in body weight before and after any toilet stops.

$$\text{Sweat loss (mL)} = \text{Change in body weight (g)} + \text{Fluid intake (mL)} - \text{Urine losses (g)}$$