

# Fueling for Peak Performance

## Pre-Exercise

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Fuel is necessary if your event is longer than 60 minutes.

- Restock liver glycogen stores (prolong “hitting the wall”)
  - Glycogen is our body’s storage form of carbohydrates located in our muscles and liver
  - **When we run out of glycogen, we run out of energy.**
- Assist body in burning fat
  - Fat is burned in a carbohydrate flame.
  - Fat is a virtually endless supply of energy (even very lean athletes have *thousands* of calories from fat). We need carbohydrates to burn fat.
- Provide spare protein
  - We don’t want to burn protein for energy – it has more important functions!

\*As a general rule, you will want to consume *2 calories per pound of lean body weight*, 4:1 ratio of CHO:PRO  
Example: 150-pound runner with a body composition of 15 percent fat (127.5 pounds of lean tissue) would need 255 calories one hour prior to training (energy bar).

**\*Focus on eating a healthy carbohydrate and a source of protein.**

Drink 16 to 24 ounces of fluid in the one to two hours prior to exercise to help aid in digestion and hydration.

**AVOID:** Foods rich in fiber (less than 5 grams per serving), protein (less than 15 grams) and fat (less than 3 grams per serving)

\*These foods are more difficult to break down and may cause stomach upset.

The best pre-workout meal is one that works best for the individual and is not digested too rapidly.

- Banana with 1 tablespoon of peanut butter
- Low-fat yogurt and a piece of fruit
- Oatmeal made with skim milk and fruit
- Trail mix with nuts and fruit
- Granola with low-fat milk and fruit
- A smoothie made with low-fat yogurt, fresh fruit, and wheat germ or flax meal
- Bagel or English muffin topped with a little peanut butter and a sliced banana
- Raisin toast with a cooked egg or egg whites and diluted cranberry juice
- Cereal topped with sliced banana and nonfat or low-fat milk
- Pancakes or waffles topped with low-fat yogurt and fresh fruit
- Greek yogurt

## Remember: Don’t try anything new on race days!

Questions or Comments?

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