

Training Nutrition & Hydration Guide

Morning Training:

30 mins before: Small snack & drink of water 125–200 ml

Porridge with blueberries
A banana
A smoothie with banana & milk or plant-based milk
Overnight oats - prepared the night before, soaked in milk/ non-dairy milk/yogurt with berries

Toast with honey or a little jam
Oatcakes and honey
A cereal bar

During: Bring a full water bottle and drink every 15 mins: 250-500ml per hour.

Within 30 mins: Eat and drink within 30 minutes of completing a session to ensure you reap the benefits of your hard work as your muscles need immediate nutrition to repair and adapt.

A big bowl of porridge with milk/non-dairy milk, fruit and a little jam or honey if desired.
Greek yogurt with fruit and honey plus some oatcakes and sliced banana.
Toast with scrambled or poached eggs, fruit.
Smoothie made with yogurt/milk/non-dairy milk and fruit plus toasted bagels with topping of choice.

Evening training:

2 hours before: Eat and drink 250-500ml of water

Pasta with tuna and vegetables
Rice with chicken/tofu with stir fry vegetables

Risotto with fish/meat/lentils
Baked potato, beans, cheese & vegetables

30 mins before: Have a snack, along with water - around 125-200ml.

A banana Toast with honey A small bowl of porridge /Yogurt with oats and fruit

During: Bring a full water bottle and drink every 15 mins: 250-500ml per hour.

Within 30 mins: Eat and drink within 30 minutes of completing a session to ensure you reap the benefits of your hard work as your muscles need immediate nutrition to repair and adapt.

Hot chocolate with milk/non-dairy milk
Cereal with milk/non-dairy milk
Sandwich with fish/meat/eggs
Toasted muffin with Greek yogurt and honey/non-dairy spread