Early Morning Pre-Workout Fuel

What should I eat prior to early morning workouts?

Your body needs fuel to provide energy to your muscles for any workout at any time! Sometimes athletes prioritize sleep over their fuel choices before their early morning workouts. Eating too close to your workout can increase your risk for GI issues. However, not fueling beforehand could decrease your performance and even increase your chance of injury! This is why it is important to plan accordingly based on the time you have before training. In some cases, having a quality snack before bed may be your best option. See the examples below for ideas of what to have before bed and/or in the mornings.

Early Morning Pre-workout Game Plan

- Fuel 30-60 minutes before if possible
- Prioritize carbohydrates and fluids
  - 30-60 g of carbohydrates
  - ~20 oz of fluids
- Salty foods
- Low fiber/fat options

Each person handles pre-workout food differently. It is important to find what best works for you!

Snacks before bed:

- Bowl of cereal with milk + banana + 16 oz of water
- Oatmeal with walnuts, raisins, and milk + banana
- Apple + peanut butter + pretzels + 16 oz of water
- Yogurt (either regular or greek) + granola
- Peanut butter and jelly sandwich on whole wheat bread
- Fruit smoothie with greek yogurt

Morning snacks (aim for 30-60 minutes before workouts if possible)

- Toast with jam or honey
- Fruit snacks
- Pretzels
- Crackers
- Apple sauce
- Fruit without skin (banana, oranges, etc.)
- Fruit juices
- Sports Drinks/Water

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