

Nutrition Schedule: Group A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Wake	Wake	Wake	Wake	Wake	Wake	
6:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
7:00 AM	Paddle	Paddle	Paddle	Paddle	Paddle	Paddle	
8:00 AM							Wake
9:00 AM	Snack	Snack	Snack	Snack	Snack	Snack	Breakfast
10:00 AM							
11:00 AM	Run	Weights	Workshop	Weights	Run	Weights	
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 PM							
2:00 PM	Paddle	Paddle	Paddle	Paddle	Paddle	Paddle or Activity	
3:00 PM							Snack
4:00 PM	Snack	Snack	Snack	Snack	Snack	Snack	
5:00 PM							
6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 PM							
8:00 PM							
9:00 PM	Snack	Snack	Snack	Snack	Snack	Snack	Snack
10:00 PM	Bed	Bed	Bed	Bed	Bed	Bed	Bed



Pre-Workout Nutrition: Within 1-hour of exercise, our primary focus is carbohydrate foods. We want to limit fat, fiber, and protein because they take longer to digest. With that said, since we have just fasted overnight while sleeping, we'll want to get in small bits of protein here regardless.



During Workout Nutrition: During exercise, we lose water and electrolytes (mainly sodium) through our sweat, and we use up the carbohydrate stores in our muscles. Especially during exercise that lasts longer than 60 minutes, it's important that we replenish what is lost.



Post-Workout Nutrition: Within 30-minutes to 1-hour of exercise, we need to get in a recovery snack that includes carbohydrates, water, and electrolytes (all the things lost during exercise), as well as protein to help kickstart muscle/tissue repair.



Balanced Meals: Utilize the athletes plates to help you eat to match your training volume. Be sure to include food items from each macronutrient as all are equally important and necessary for health and performance.



Balanced Snacks: Combine protein with carbohydrate to create a satisfying and satiating snack.

Nutrition Schedule: **Group B**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Wake	Wake	Wake	Wake	Wake	Wake	
7:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:00 AM							Wake
9:00 AM	Paddle (Snack!)	Paddle (Snack!)	Paddle (Snack!)	Paddle (Snack!)	Paddle (Snack!)	Paddle (Snack!)	Breakfast
10:00 AM							
11:00 AM	Weights	Run	Workshop	Run	Weights	Weights	
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 PM							
2:00 PM	Snack	Snack	Snack	Snack	Snack	Snack	
3:00 PM							Snack
4:00 PM	Paddle	Paddle	Paddle	Paddle	Paddle	Paddle or Activity	
5:00 PM							
6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 PM							
8:00 PM							
9:00 PM	Snack	Snack	Snack	Snack	Snack	Snack	Snack
10:00 PM							
11:00 PM	Bed	Bed	Bed	Bed	Bed	Bed	Bed

Pre-Workout Nutrition: Within 2-hours of exercise, our primary focus is on carbohydrate and protein foods. We want to limit fat and fiber because they take the longest to digest.

During Workout Nutrition: During exercise, we lose water and electrolytes (mainly sodium) through our sweat, and we use up the carbohydrate stores in our muscles. Especially during exercise that lasts longer than 60 minutes, it's important that we replenish what is lost.

Post-Workout Nutrition: Within 30-minutes to 1-hour of exercise, we need to get in a recovery snack that includes carbohydrates, water, and electrolytes (all the things lost during exercise), as well as protein to help kickstart muscle/tissue repair. Since lunch and dinner are scheduled right after practice, having these balanced meals in a timely manner will allow you to meet your recovery targets.

Balanced Meals: Utilize the athletes plates to help you eat to match your training volume. Be sure to include food items from each macronutrient as all are equally important and necessary for health and performance.

Balanced Snacks: Combine protein with carbohydrate to create a satisfying and satiating snack.