



# FUELLING AMOUNTS

## PRE-TRAINING

- Nothing to 30 g CHO if session is 1 hour or shorter
- 30–50 g CHO if strength training for 1–1.5 hours
- 15–50 g CHO if longer than 1–1.5 hours (and then fuelling during becomes important)
- Fasted training only 1–2 times per week on specific training days, NOT all the time

## DURING TRAINING

Depends on the length of the session:

- 1 hour or less: nothing or a mouth rinse with CHO drink
- 1–2 hours: ~30 g CHO per hour
- 2–4 hours: 30–60 g CHO per hour
- 4 hours or longer: 60–90 g CHO per hour (needs to be trialled for comfort and tolerance)

## POST-TRAINING

- 3:1 or 4:1 CHO:Protein ratio as soon as possible
- post-training; 2:1 for a strength session.
- Start at 1 g/kg CHO in that meal; if shorter training, reduce the amount. 1 hour of training may only need 40–50 g CHO post.
- For larger volume training, aim for 1g/kg in the meal, eat every 2 hours to keep glycogen levels up.

