

# NAIL YOUR PRE-TRAINING NUTRITION TIMING

**2-3 hrs  
before**



Large carb-rich meal, moderate in protein, fats & fibre – plenty of time for digestion.

**1-2 hrs  
before**



Keep it slightly more simple with reduced fat & fibre content

**30-60  
mins  
before**



Even more simple with very little fat & fibre content

**<30  
mins  
before**



20-40g of carbohydrates in a very simple, easy to digest form

# Nutrition Guide For Beginners

**J Rink**



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