

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

Lingsheng Yao



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