

Fuel for Training and Competition

How do you fuel for training and competition?

Use the ideas presented in this handout to create your own fueling plan.

My favorite foods and drinks pre-competition are...

1 _____

2 _____

3 _____

My favorite foods and drinks during competition or between heats and events are...

1 _____

2 _____

3 _____

My favorite foods and drinks to refuel with after exercise are...

1 _____

2 _____

3 _____

