



Nutrition for Endurance Athletes Events - Training & Competitions

As an endurance athlete, you may benefit from strategically eating/drinking before, during, and after athletic events (training session and competitions). You can promote optimum glycogen (stored from of carbohydrates in muscles) and improve your energy and performance. Here's how:

This nutrition education sheet goes on to recommend specific amounts and types of food and fluid for before an event, during, and as recovery. It explains the process food goes through to be digested, absorbed, and metabolized, and how this affects the rate of replenishment. It helps you calculate amounts of specific foods that you need based on your event/training and your weight, and why it is important to fuel your body in this way.