

## TWO-A-DAY WORKOUT FUELING SCHEDULE

Athletes who train twice a day truly have to make eating a part-time job! Fueling before and after workouts with carbohydrates, high-quality protein, and fluid is essential to have enough energy for the next workout or practice. Without proper fuel, athletes are likely to suffer from low energy and possibly have slower recovery times.

### Consider these 5 tips to help make fueling easier:

1. Pack meals and snacks the night before so they are ready to grab in the morning
2. Carry an insulated lunch box or bag to school and put in your car or locker
3. Set a meal and snack alarm on your phone to remind you when it's time to eat and hydrate
4. Keep non-perishable snacks like beef jerky, whole grain granola bars, protein bars with no coating, nuts, and trail mix in your car or locker for busy days when you need extra fuel
5. Carry a water bottle with you throughout the day to help your body stay hydrated

If you have trouble eating enough throughout the day, focus on consuming more energy-dense snacks, meaning more calories per bite.

SNACK IDEAS	
Peanut butter filled pretzels	Ready-to-drink protein shake
Peanut butter and jelly sandwich on whole grain bread	Homemade granola made with oats, nuts, seeds, and dried fruit
Beef jerky trail mix made with granola, nuts, and dried fruit	Mini bagels/muffins with peanut or almond butter
High-calorie protein bars or protein cookies	Energy bites made with nut butter, oats, protein powder, honey, nuts, and seeds

Created by: Amy Goodson, MS, RD, CSSD, LD



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### SAMPLE TWO-A-DAY WORKOUT FUELING SCHEDULE (ADJUST AS NEEDED)

Time	Meal	Example
5:00 – 6:00 am	Pre-workout Snack	Granola bar and water/sports drink
6:00 – 7:30 am	Workout	Water/sports drink
Within 45 minutes	Post-workout Snack	Chocolate milk
7:30 – 8:30 am	Breakfast	Bagel sandwich with eggs, cheese, and lean meat, fruit, and yogurt
12:00 – 1:00 pm	Lunch	Whole grain crackers, roast beef and cheese roll-ups, granola bar, almonds, berries, and cherry tomatoes
3:30 – 4:00 pm	Pre-workout Snack	Energy bar and sports drink
4:00 – 5:30 pm	Workout	Water/sports drink
Within 45 minutes	Post-workout Snack	Small fruit smoothie and beef jerky
6:00 – 8:00 pm	Dinner	Nourish bowl with lean ground beef, veggies, sweet potatoes, brown rice, cheese, and avocado
9:00 – 9:30 pm (optional)	Evening Snack	Graham crackers with peanut butter

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