



EARLY MORNING FUELING FOR TRAINING AND COMPETITIONS

Many athletes train early in the morning, often breakfast-free. Breakfast or “breaking the fast” is essential before a workout, but many athletes don’t wake up in time to eat a full breakfast and let it digest before they start running, jumping, and lifting. So, providing athletes with a morning snack of carbohydrates and protein with fluid can help give them energy to start their workout.

Shorter cardio/conditioning workouts:

- Typically carbohydrates and fluids can fuel a lighter workout
- Easy-to-digest foods are ideal to help reduce gut distress
- Consume at least 16-20 ounces of water or sports drink
- Simple carbohydrate snacks include:
 - » Granola bars
 - » Dry granola or cereal
 - » Bagel
 - » Banana



Longer, more intense workouts or heavier weight training:

- More intense workouts benefit from a snack of protein and carbohydrates to help stabilize blood sugar for a longer duration
- Easy-to-digest foods are ideal, but it’s possible to consume a little more food if the workout is centered around weight lifting versus aerobic conditioning
- Consume at least 16-20 ounces of water or sports drink
- Carbohydrate-protein snacks include:
 - » Energy bar with carbohydrates and 10-15 grams of protein
 - » Peanut butter and jelly/banana sandwich on whole grain bread
 - » Beef jerky trail mix made with granola, dried fruit, and nuts

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The type, intensity, and duration of a training session dictates what type and size of snack an athlete should ideally consume. Lighter, shorter workouts don't demand the same amount of energy as longer, more intense workouts.

If you struggle with eating anything before a workout, you might have to start with eating a small amount and work up to eating more. However, just like you go to practice to get stronger and faster, you can train your body to eat more pre-workout for optimal performance. It just takes practice.

See examples of morning meals and snacks below.

DENSE SNACKS FOR FINICKY STOMACHS

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

EARLY MORNING RACE/COMPETITION/ GAME DAY BREAKFASTS

- Bagel with peanut butter and honey, banana, and sports drink
- 2 slices thick whole grain toast with almond butter and banana paired with a smoothie made with protein powder, fruit, and water
- Oatmeal with nuts and dried fruit, 1-2 eggs, fruit, and sports drink
- Beef jerky trail mix with granola, nuts, and dried fruit, a banana with peanut butter, and sports drink



If you are participating in long runs, tournament play, or on game/competition days, it is necessary for you to wake up in enough time to consume a complete breakfast and allow it time to digest before the run, game, or your event begins.

The breakfast should include:

- Easy-to-digest and familiar foods
- Complex carbohydrates for sustained energy
- Lean protein to help stabilize blood sugar
- Fruit for added electrolytes and hydration
- Water or sports drink for hydration

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If you missed breakfast and have a practice or game, here are some popular Brown Bag Breakfasts you can bring with you to refuel and replenish afterward.

TOP 10 BROWN BAG BREAKFASTS

1. Beef jerky, baggie of whole grain granola, and nuts with a banana
2. Whole wheat tortillas with peanut butter, banana, and honey paired with trail mix
3. Whole grain bagel with peanut butter or cream cheese, fruit, and beef jerky
4. Hard-boiled eggs, whole grain granola bar, peanut butter to-go cup, and apple slices
5. Protein bar, fruit, whole grain granola, and milk from cafeteria
6. Ready-to-drink protein shake with an apple and peanut butter to-go cup
7. Beef jerky trail mix made with nuts, seeds, dried fruit, and granola with milk from cafeteria
8. Whole grain blueberry muffin, almond butter packet, strawberries, and hard-boiled eggs
9. Oat-based granola bar, pistachios mixed with dried fruit, banana, and milk from the cafeteria
10. Pre-made energy bites made with oats, honey, peanut butter, protein powder, nuts, seeds, and dried fruit, with grapes, and chocolate milk from the cafeteria

