

## Pre and Post Workout

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### Pre and Post Workout Nutrition

#### Pre-Workout Meal

- Immediately before workout
- Moderate-Glycemic Carbs
- Protein-Caffeine, Creatine & EAA's (essential amino acids)

#### Post- Workout Meal

- Immediately after workout
- High-glycemic Carbs-Protein (high quality and quick digestion)

Whey isolate is best choice-Creatine and EAA's

Example: Pre-work- chicken, broc., sweet potato 1-2hrs before training.

Pre- workout drink w/ Caffeine, Creatine & EAA's (essential amino acids) 30min before training.

Post Workout- ½ to 1 scoop protein powder + 2tsp of sugar

Recovery\_ Recovery starts before the end of the workout

Good nutrition during training enhances recovery after training.

Prevents breakdown of muscle.

Enhances protein synthesis