HIGHER POWER TRAINING & PERFORMANCE NUTRITION

P2P PITCH2PITCH®

SPORTS NUTRITION GUIDE

IN-WORKOUT NUTRITION

STAY HYDRATED, FUELED, AND SHARP THROUGHOUT TRAINING AND COMPETITION.



THE GOAL

Maintain hydration, energy, and focus so you can perform at a high level from the first rep to the last inning.

WHEN IT APPLIES

- **Training** (60+ minutes).
- **Games** (single or doubleheader).
- **Long practices or tournaments.**

HYDRATION OPTIONS

Replace fluids and key electrolytes lost through sweat.



WATER

Everyday hydration.



ELECTROLYTE DRINK

Replenish fluids and minerals during longer or high-intensity sessions.



COCONUT WATER

A natural option with electrolytes and carbohydrates

FUELING OPTIONS

Provide quick, easy-to-digest carbohydrates and key nutrients.



FRUIT

Banana, apple slices, oranges (quick energy and easy on the stomach).



ENERGY BAR

A convenient, portable source of carbohydrates (choose simple, low-fiber options).



AMINO COMPLEX

IN WORKOUT

Supports training intensity, muscle performance, and recovery.

TIMING GUIDANCE

BEFORE (15–30 MIN PRIOR)

Top off hydration (8–16 oz) and, if needed, use a small carbohydrate snack (e.g., banana).

DURING (EVERY 15–20 MIN)

Sip fluids regularly (4–8 oz) and, for sessions 60+ minutes, include a carbohydrate source (e.g., sports drink, fruit, or applesauce).

AFTER (WITHIN 30–60 MIN)

Rehydrate and refuel with a full post-workout meal or recovery snack to support recovery and performance.

KEY TAKEAWAY: KEEP FLUIDS IN, ENERGY LEVELS STEADY, AND YOUR FOCUS ON THE GAME.

Make nutrition fit your training schedule.

Need help planning food around practices, games, and recovery? Scan to connect with HPT about personalized nutrition coaching.

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