HIGHER POWER TRAINING & PERFORMANCE NUTRITION

P2P PITCH2PITCH

SPORTS NUTRITION GUIDE

PRE-WORKOUT NUTRITION

FUEL PERFORMANCE / TRAIN HARDER / COMPETE STRONGER



WHY IT MATTERS

The right fuel before training or competition gives you the energy, focus, and endurance to perform at a high level, helps maintain strength and power, and can reduce fatigue late in the game.

TIMING GUIDANCE

2–3 HOURS BEFORE

A balanced meal with carbohydrates, lean protein, and a small amount of healthy fat.

60–90 MINUTES BEFORE

A lighter, easily digestible meal or larger snack.

30 MINUTES BEFORE

A quick, simple carbohydrate (e.g., banana, sports chews, or a small sports drink) if you need a final boost.

PRE-WORKOUT MEAL OPTIONS

EAT 2–3 HOURS BEFORE TRAINING OR COMPETITION



CHICKEN & RICE BOWL

/ Grilled chicken, brown rice, roasted vegetables



TURKEY SANDWICH

/ Lean turkey, whole-grain bread, lettuce, tomato, fruit on the side



PASTA & LEAN BEEF

/ Whole-grain pasta, lean ground beef, marinara, side of fruit

PRE-WORKOUT SNACK OPTIONS

EAT 60–90 MINUTES BEFORE (OR 30 MINUTES FOR A QUICK BOOST)



BANANA, JERKY, & NUTS

/ A quick, balanced source of carbohydrates, protein, and healthy fats



GREEK YOGURT BOWL

/ Greek yogurt, berries, and granola for easily digestible energy



FRUIT SMOOTHIE

/ Blend fruit, Greek yogurt or milk, and oats for a light, energizing option

QUICK TIPS

- ✓ Focus on carbohydrates for energy.
- ✓ Include lean protein to support muscle performance.
- ✓ Keep fat and fiber moderate close to activity.
- ✓ Stay hydrated throughout the day leading into training or competition.

Make nutrition fit your training schedule.

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

higherpowertraining.com/contact-us/