

FREE RESOURCE

FREE PRE-WORKOUT NUTRITION GUIDE

A simple, evidence-based guide to help you walk into training fuelled, hydrated, and ready to perform.

APPLY FOR COACHING

STOP UNDER-FUELLING

TRAIN WITH FUEL.

Pre-workout nutrition is not about feeling full. It is about giving your body usable carbohydrate, amino acids, fluid, and electrolytes before the work starts.

INSIDE THIS GUIDE

- Pre-workout timing
- Carbohydrate targets
- Protein targets
- Hydration and electrolytes
- Caffeine without guesswork
- Simple meal examples

TRANSFORMATION EXAMPLES

REAL CLIENTS. REAL STRUCTURE. UNREAL RESULTS.





PRACTICAL FORMULA

PRE-WORKOUT FUEL FORMULA

45 TO 90 MINUTES BEFORE TRAINING

Use this as your starting point. The best pre-workout meal is the one that gives you energy without sitting heavy in your stomach.

CARBS

0.5-1 g/kg

PROTEIN

low

WATER

5 to 10 mL/kg

Timing

45-90 min

Use a small to moderate meal. Larger mixed meals usually need 2 to 4 hours.

Carbohydrate

~0.5 g/kg

Start around 0.5 g/kg. Increase only if digestion and performance are good.

Protein

low

Keep it low pre-workout. Slower digestion can cause GI stress and protein is not your main training fuel.

Fat + fibre

under 5 g

Under 5 g is ideal close to training so digestion stays comfortable.

Electrolytes

sodium + potassium

Start with ~500 mg sodium. Aim for 500-1000 mg. Add 300-500 mg potassium.

Caffeine

3-6 mg/kg

Take it around 60 minutes pre. Useful, but not a replacement for fuel.

CARB GUIDE BY BODYWEIGHT

60 kg

30-60 g

70 kg

35-70 g

80 kg

40-80 g

90 kg

45-90 g

100 kg

50-100 g

QUICK SETUP

Cream of rice or rice cereal, mixed berries, honey, salt, and water. Add orange juice if you need more carbs with less food volume.

Protein tip: focus on total daily protein and spread it through the rest of the day. A scoop of EAAs can be useful here with less digestive demand.



PERFORMANCE LOGIC

WHY THIS WORKS

The goal is simple: enter the session fuelled, hydrated, and comfortable. More energy in the gym means better output.

CARBS ARE FUEL

Carbohydrate helps maintain glycogen, force output, training volume, and session quality.

GROWTH IS INDIRECT

Carbs do not directly build muscle. They help you train harder, creating more opportunity for mechanical tension.

FAST CARBS CLOSE

Within 90 minutes, use easier options: rice cakes, honey, jam, fruit, rice cereal, or white bread.

SLOW CARBS EARLIER

Oats, pasta, potato, sweet potato, and whole grains fit better 2 to 4 hours before training.

GLUCOSE + FRUCTOSE

Fruit or honey with rice, cereal, bread, or jam can help larger carb meals feel easier to absorb.

HYDRATION MATTERS

Sodium supports fluid retention, plasma volume, and contraction. Potassium helps fluid balance.

CAFFEINE IS NOT FUEL

Pre-workout, coffee, or energy drinks can help alertness. They still do not replace carbohydrate.

COMMON MISTAKE

High fat and high fibre close to training can slow digestion and make the session feel heavy.

01 FUEL

02 DIGEST

03 PERFORM

WANT YOUR FULL NUTRITION SYSTEM BUILT?

Apply for coaching and we will show you exactly what to focus on next across training, nutrition, and check-ins.

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