FUELING
WHILE EXERCISING

- Fuel workouts with the right amounts and timing of carbs, fluids, and electrolytes to replace what is lost in exercise.
- Eat small amounts often during exercise, always together with fluids.
- Try new foods and drinks in training to learn what works best for you in competition.

·C·P·S·D·A· FUELING VICTORY
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For a nutrition plan tailored to you, consult a sports dietitian.

EXERCISE LENGTH	ACTIVITY TYPE	FUELING PLAN
SHORT EXERCISE		
<45 MINUTES	• Batting practice • Basketball shootaround • Weight lifting	Use water as your main hydration source. 
CONTINUOUS HIGH-ENERGY EXERCISE		
45–75 MINUTES	• Cross-country workout • Stop-and-start sports (soccer, football, field hockey)	Eat small amounts of carbs during activity (e.g., 2-3 gulps of sports drink or 1/2 serving of applesauce every 15-20 min.) 
ENDURANCE EXERCISE		
1–2.5 HOURS	• Long-distance cross-country race • Stop-and-start sports (soccer, football, field hockey) • Rowing workouts	30-60 g carbs/hour (e.g., 1-2 handfuls of raisins or 1-2 medium bananas) 