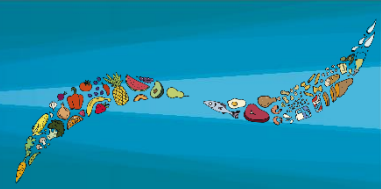


PRE-TRAINING SNACKS



Topping up **glycogen** stores before training can **enhance performance**. Aim for around **1g/kg of carbohydrate** 30-60min before training plus some fluids to ensure you start training well hydrated.

Here are some ideas along with their approximate **carbohydrate content per serving**.

