




# Early Mornings Sessions

## How to fuel before an early morning session

 teamysn\_  TeamYSN\_  Youth Sport Nutrition



Finding time to fuel before an early morning training session can be difficult. With early morning starts, athletes may not have time to eat a full meal, or they may not be able to face food that early in the morning. But ensuring the body is well fuelled is key to good performance & to staying healthy too. Follow this guide for some easy ways to ensuring your energy stores are topped up ready for your session & the day ahead.

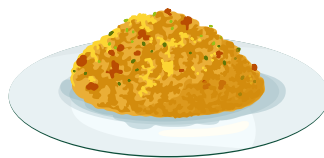
## The Night Before

When it comes to early morning sessions, your fuelling has to start the night before! Eat a high carbohydrate meal for dinner, followed by a high carbohydrate bedtime snack too, so that your glycogen stores are full & ready to be used the next morning. Having carbs before bed might even help you fall asleep quicker too, but make sure you leave at least an hour between eating & going to bed to give the food time to digest!

### Meal & Snack Ideas



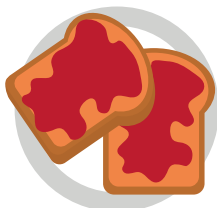
**Pasta bolognese**



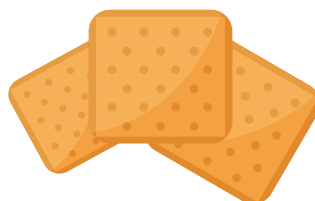
**Egg fried rice**



**Stirfry noodles**



**Jam on toast or crumpets**



**Crackers & cottage cheese**



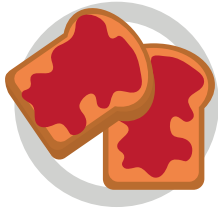
**Granola & yoghurt**

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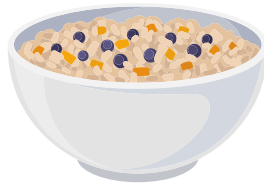
# Breakfast

If you have 60-90 minutes between waking up & starting training, then getting in a good breakfast is essential for fueling & overall energy intake! Aim for something high in carbs, low in fat & easy to digest.

## Meal Ideas



**Jam on Toast**



**Porridge**

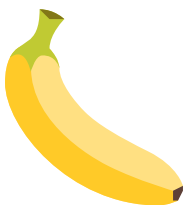


**Cornflakes**

# Pre-Training Snack

If you don't have time for a full meal, then still aim to have a high carbohydrate snack or drink 30-60 minutes before the session starts. Simple snacks that are easy to digest are the best choices for early mornings. Or, if you can't face eating solid food that early, opt for drinks that you can sip on slowly. These are easier on the stomach & will hydrate you too. Remember: there's nothing wrong with liquid calories for athletes!

## Snack Ideas



**Banana**



**Dried fruit**



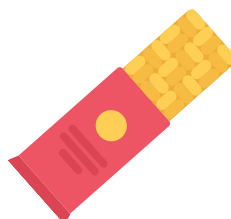
**NUTRI-TEEN**



**Fruit smoothie**



**Fruit pouch**



**Cereal bar**



**Fruit juice**

## Post-Training Snack

If you have less than 8 hours between finishing your morning session & training again, for example an afternoon session or PE class, or if it will be more than 2 hours before you can eat a full meal, then a post-training snack is key to recovery! This needs to be high in carbs & protein & contain fluids too. Eat this within around 30 minutes of finishing the session.

### Snack Ideas



**Milk**



**Flavoured milk**



**Banana**



**PRO-TEEN**

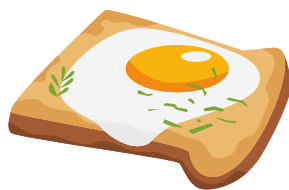
## Post-Training Meal

A nutritious meal after an early morning training session is essential to kick start the recovery process & to maximise adaptations from the workout, as well as setting you up for the day ahead. This is especially important if you have only had a light snack or nothing at all before the session! Base your meal around the 3 R's of recover: Refuel, Repair & Rehydrate. This means it should be high in carbs, protein & fluids. Aim to eat this around 60-90 minutes after the session has finished.

### Meal Ideas



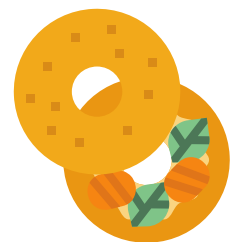
**Overnight  
oats**



**Eggs on toast**



**Porridge**



**Breakfast bagel**