

# CARBOHYDRATES

*Fuel for the body*



**Helps delay fatigue, allowing you to compete at a higher level longer**

Our body stores around 400-500g to be used for energy

Consume around 6-10g per 2.2lb of bodyweight

We need to consume enough so protein doesn't get used as energy, it gets used for repairing muscles

2 Hour workout can deplete all stored carbohydrates

Good Sources: rice, bread, oatmeal, fruit, granola bars, sports drinks

IMPORTANT PRE, DURING, AND POST

**PRE:**

Helps maximize carb stores

Can consume fat free candy to boost energy levels

**DURING:**

Helps boost energy levels

Consume 30-60g per hour of workout

**POST**

Helps replenish carb stores

Takes nearly 24h to fully replenish