

NUTRIENT TIMING

Optimize Your Fueling Strategies for Big Adventures



NUTRIENT TIMING



Nutrient Timing is explained in four sections. Each section is described in detail throughout the presentation.

01 | Fueling Strategies

Facts and myths about how to optimize your fueling.

02 | Pre-Workout

What to eat in the hours and minutes up to your training session.

03 | Intra-Workout

If, when and what you should eat during your workout

04 | Post-Workout

Replenish your body so you can train again tomorrow!



WHAT IS NUTRIENT TIMING?

The strategic consumption of nutrients at specific times in relation to physical activity to optimize health, performance, and recovery. It is the art and science of eating the right nutrients at the right time to fuel physical activities effectively, support muscle repair, and enhance overall athletic performance.

OPTIMIZE PERFORMANCE

Proper nutrient timing boosts energy levels, enhances endurance, and increases stamina for outdoor athletes. By consuming the right nutrients at the right times, athletes can prevent mid-activity energy slumps and maintain peak performance throughout their training or competitive events.

ENHANCE RECOVERY

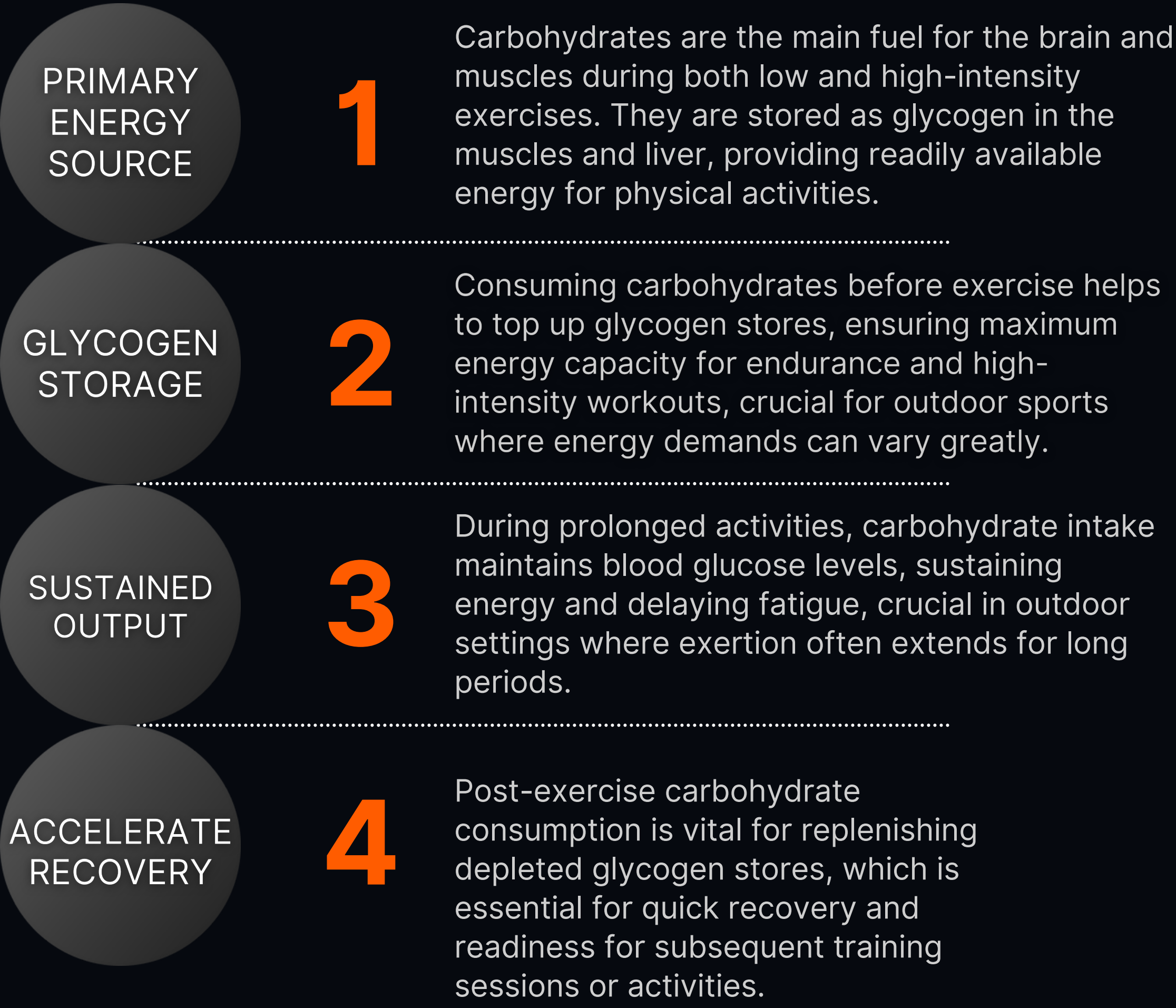
Timely nutrient intake, particularly post-exercise, is crucial for speeding up recovery. It aids in muscle repair, reduces soreness, and replenishes energy stores, enabling athletes to recover faster and train more effectively.

INSTANT RESULTS

Strategic implementation of the nutrient timing protocols outlined in this document can yield immediate enhancements in your workout performance as early as tomorrow, by optimizing energy levels, reducing fatigue, and improving endurance, setting the stage for both instant results and long-term adaptation.

CARBOHYDRATES

Mastering carbohydrate intake is not just about boosting your next workout; it's about embracing an essential component of your long-term performance and recovery strategy. Let's optimize your energy and endurance for adventure!



PROTEIN

Integrating optimal protein intake into your nutrition strategy is about more than just muscle; it's about fortifying your body's ability to recover, adapt, and thrive in the face of outdoor challenges. Let protein be the cornerstone of your recovery and resilience.



NOT A
FUEL
SOURCE

1

Unlike carbohydrates, protein is not used as a primary energy source during exercise. Instead, it plays a crucial role in tissue repair, muscle recovery, and strengthening the immune system, essential for sustained performance and health.

SUPPORTS
MUSCLE
REPAIR

2

Post-exercise protein intake is critical for repairing muscle fibers damaged during physical activity. This process is essential for muscle growth, strength, and recovery, allowing athletes to return to their activities with improved resilience.

ENHANCES
RECOVERY

3

Adequate protein consumption helps reduce muscle soreness and accelerates recovery time, enabling more consistent and intensive training sessions. This is particularly valuable for athletes engaging in repetitive or high-intensity activities.

IMMUNE
SYSTEM

4

Regular protein intake supports a robust immune system, helping athletes stay healthy and capable of withstanding the physical demands of extensive outdoor activities.

Nutrient Timing Outline



Pre-Workout Meal

- 2-4 hours prior
- Prioritize complex carbohydrates and hydration

Pre-Workout Snack

- 30-60 minutes prior
- Prioritize easily digestible carbohydrates & electrolytes

Intra-Workout Snack

- Every 30-90min during exercises
- Prioritize easily digestible carbohydrates & electrolytes

Post-Workout Meal

- Within 30-90min of exercise
- Balanced meal of carbs, protein, & fat

Fuel your workout with a strategic nutrition timeline: a balanced meal well in advance, a quick carb snack just before, and immediate post-workout nutrition focused on recovery and adaptation.

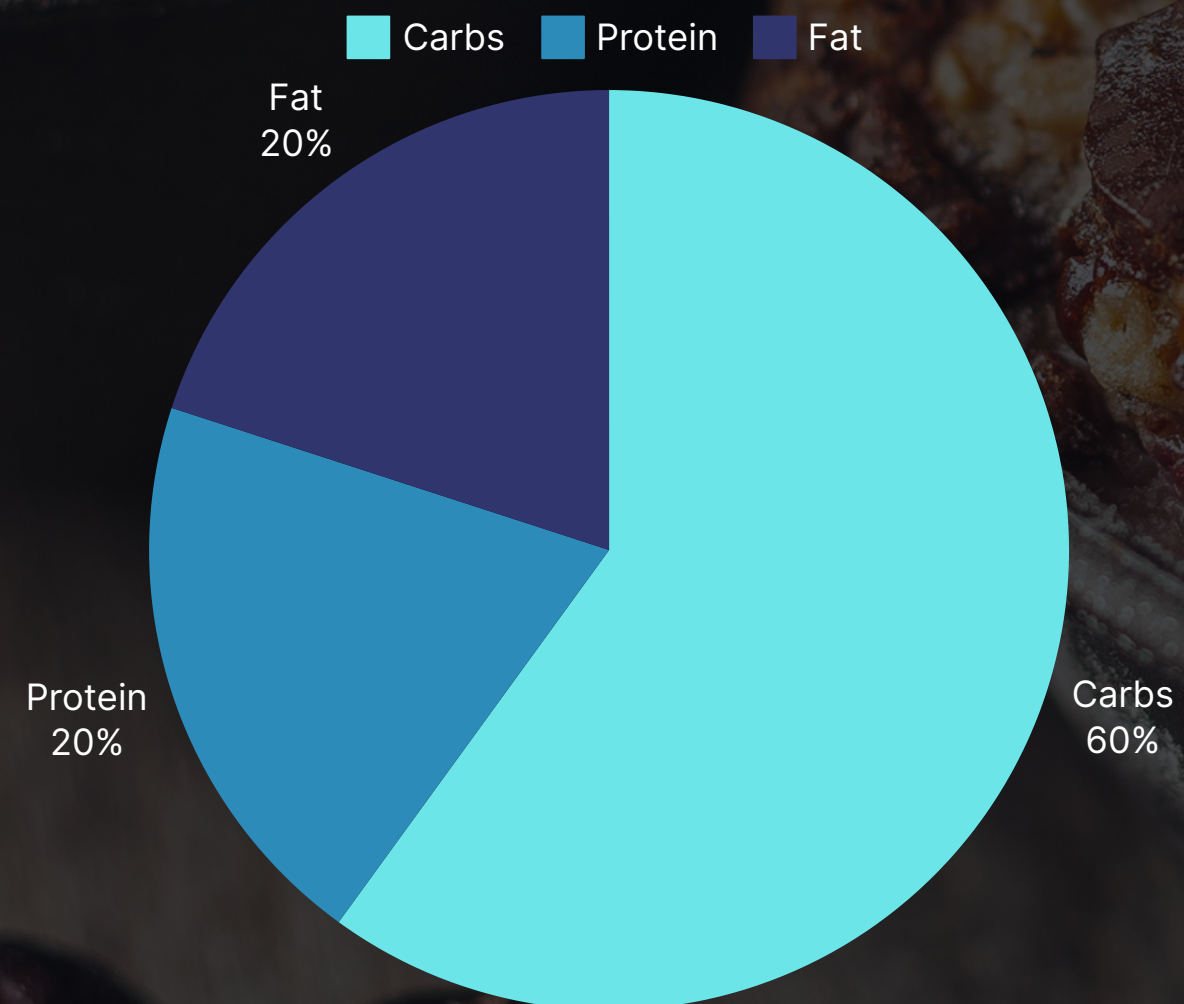


Pre-Workout Meal

2-4 HOURS BEFORE EXERCISES



Your pre-workout meal should be a balanced mix of complex carbohydrates, lean proteins, and healthy fats to ensure sustained energy and optimal performance.



Meal Ideas:

Breakfasts

1. **Overnight Oats with Chia, Almond Milk, and Berries:** A mix of oats and chia soaked in almond milk, topped with berries for a nutritious start.
2. **Tofu Scramble on Whole Grain Toast:** High-protein tofu with vegetables on toast, served with sliced avocado for healthy fats.

Lunch/Dinners

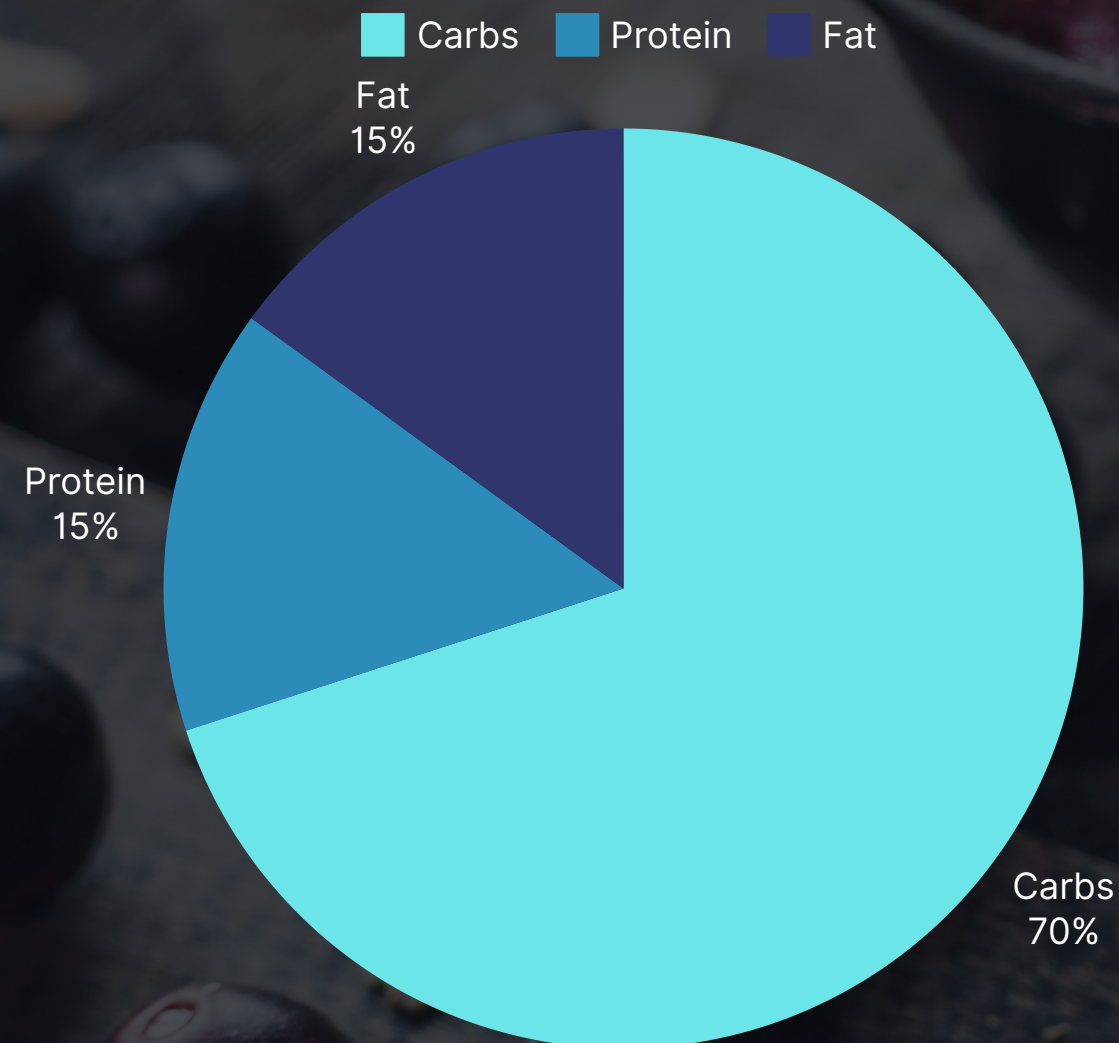
1. **Quinoa Black Bean Salad:** A mix of quinoa, black beans, avocado, corn, and a lime dressing for a refreshing, nutrient-packed meal.
2. **Lentil Sweet Potato Soup:** Protein-rich lentils paired with sweet potato and kale in a comforting soup.
3. **Stuffed Bell Peppers:** Bell peppers filled with a hearty mix of brown rice, chickpeas, and veggies for a balanced meal.
4. **Tempeh Vegetable Stir-Fry:** Tempeh stir-fried with broccoli, bell peppers, and served over quinoa for a protein and fiber boost.

Pre-Workout Snack

30-60 MINUTES BEFORE EXERCISES



Your pre-workout snack should be rich in carbohydrates from whole food sources, such as fruits or whole grains, to provide quick, sustainable energy for your workout.



Snack Ideas:

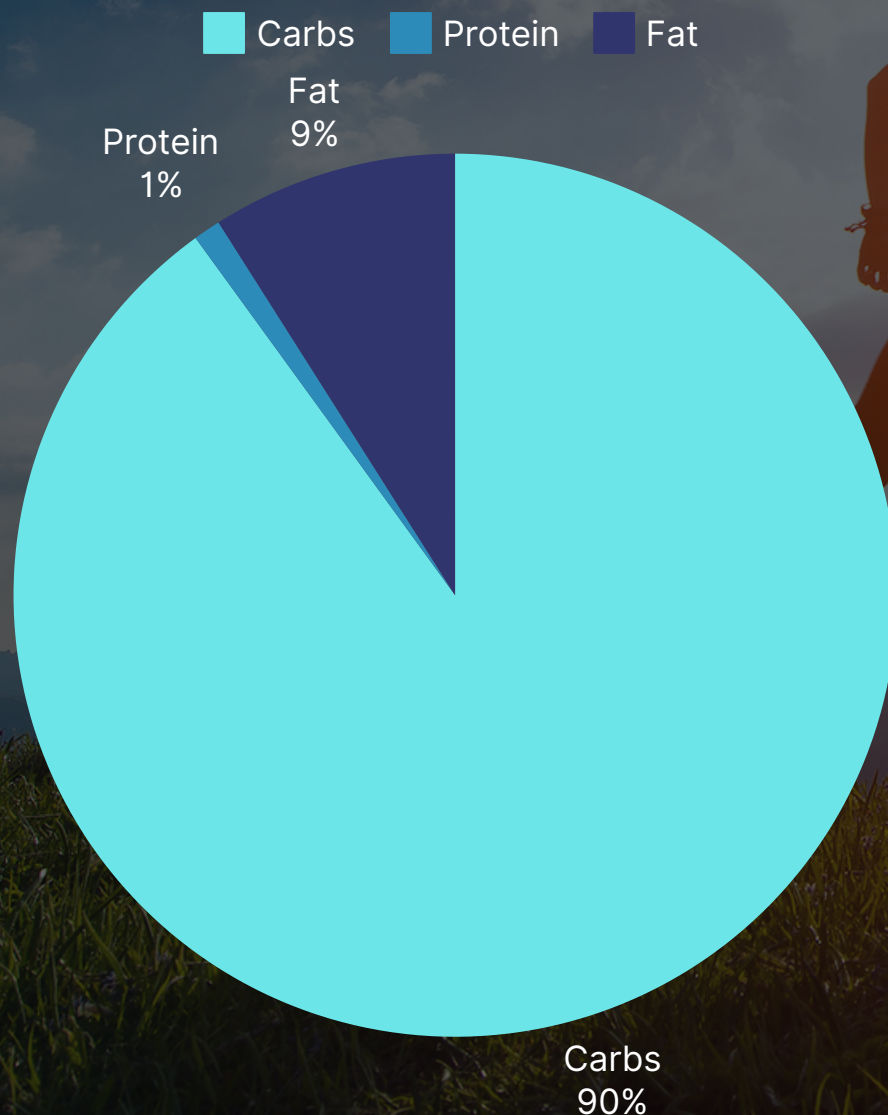
1. **Banana with Almond Butter:** A medium banana with a tablespoon of almond butter provides quick energy from carbs and a touch of protein and healthy fats.
2. **Apple Slices and Hummus:** Crisp apple slices paired with a small serving of hummus for a balanced mix of carbs, plant-based protein, and fats.
3. **Whole Grain Toast with Avocado:** A slice of whole grain toast topped with mashed avocado offers nutrient-dense energy and a balance of macronutrients.
4. **Dates and Walnut Halves:** A few dates paired with walnut halves create a sweet and nutty snack with a good mix of quick energy and sustaining nutrients.
5. **Carrot Sticks and Tahini:** Crunchy carrot sticks dipped in tahini provide a satisfying snack with a blend of carbs, protein, and healthy fats.
6. **Rice Cakes with Peanut Butter and Banana Slices:** Whole grain rice cakes topped with peanut butter and banana slices offer a balance of complex and simple carbohydrates, protein, and fats.

Intra-Workout Fuel

EVERY 60-90 MINUTES



Focus on quick, easily digestible carbohydrates and electrolyte replenishment to sustain energy levels and prevent dehydration during prolonged activity, ensuring peak performance and endurance.



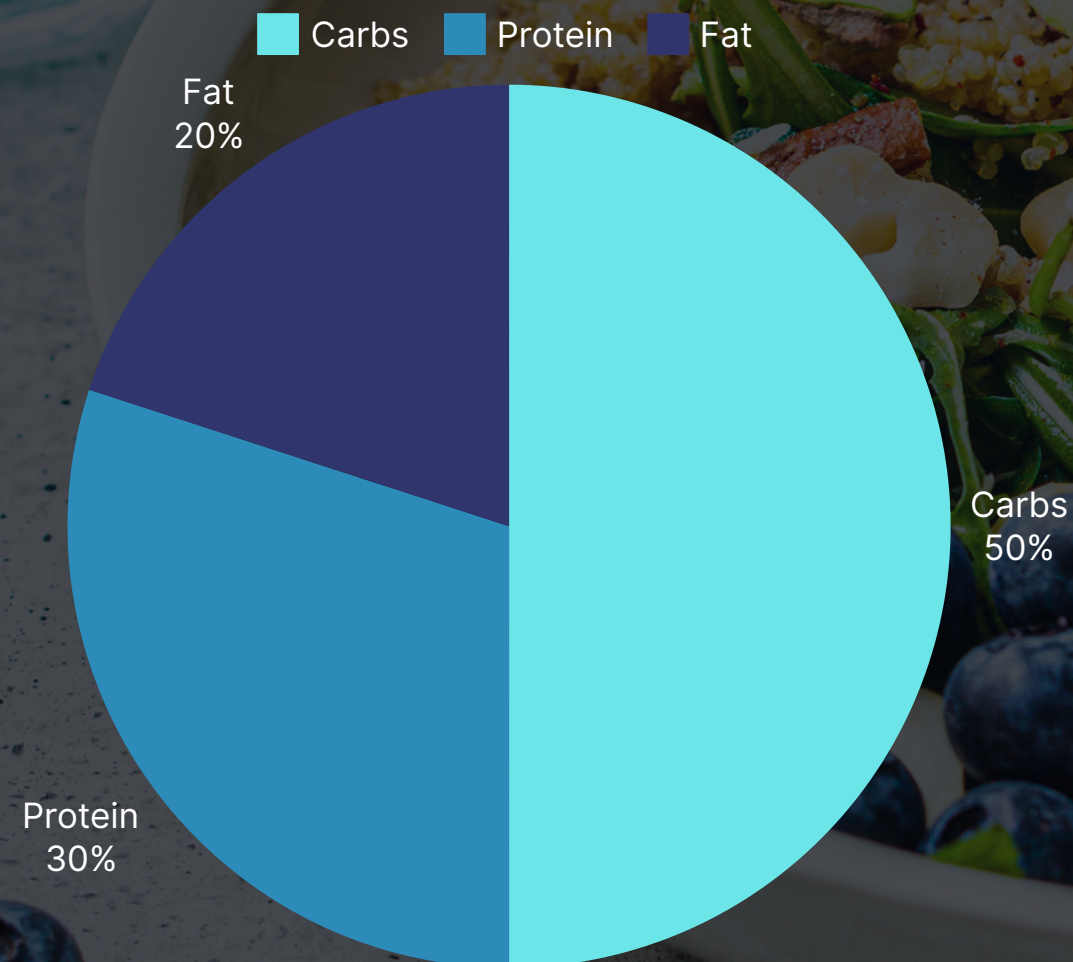
Fuel Ideas:

1. **Dried Fruits:** Such as dates, raisins, or apricots, offer concentrated energy and natural sugars for a quick boost, plus potassium for electrolyte balance.
2. **Electrolyte Tablets:** Dissolvable in water, these tablets are a practical way to maintain electrolyte balance without added sugars, perfect for longer treks.
3. **Homemade Energy Bars:** Create your own bars with oats, nuts, seeds, and dried fruits, tailored for a high-carb, moderate-electrolyte snack that's easy to carry and consume.
4. **Salted Date Energy Balls:** Mix dates with nuts and a pinch of salt, then roll into balls for a homemade, energy-dense snack that's rich in carbohydrates and electrolytes.
5. **Energy Gels:** Plant-based energy gels provide rapid carbohydrate absorption; consume these in moderation to avoid gastrointestinal discomfort.
6. **Energy Chews:** Similar to gels, plant-based energy chews offer a quick, digestible carb source, ideal for sustained activity when used judiciously.
- 7.

Post-Workout Meal

WITHIN 30-90 MINUTES OF EXERCISE

Post-exercise nutrition is crucial for replenishing glycogen stores with carbohydrates and supporting tissue repair with protein, helping to accelerate recovery and prepare your body for the next challenge.



Meal Ideas:

1. **Chickpea Quinoa Salad:** A refreshing mix of quinoa, chickpeas, veggies, dressed with olive oil and lemon for a balanced recovery meal.
2. **Tofu Stir-Fry with Brown Rice:** Sautéed tofu and vegetables over brown rice, seasoned with soy sauce for a protein-rich post-workout boost.
3. **Lentil Stew with Sweet Potatoes:** Hearty lentils and sweet potatoes stew, perfect for replenishing energy and aiding muscle repair.
4. **Black Bean and Avocado Tacos:** Whole grain tortillas filled with black beans, avocado, and salsa for a quick, nutrient-dense refuel.
5. **Tempeh Buddha Bowl:** A nourishing bowl of tempeh, sweet potatoes, quinoa, and avocado, drizzled with tahini dressing.
6. **Peanut Butter Banana Protein Smoothie:** A creamy smoothie blending banana, plant-based protein powder, peanut butter, and spinach for an easy, nutritious recovery drink.

Carbohydrate Loading

1-3 DAYS PRIOR TO BIG EFFORTS

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When gearing up for a significant effort or endurance event, carbohydrate loading is essential 1-3 days prior to the objective. This strategy involves increasing your carbohydrate intake to about **5-8 grams** per kilogram of body weight daily. The goal is to maximize glycogen stores in your muscles, ensuring you have the energy reserves needed to sustain high-intensity and endurance activities, ultimately enhancing performance and delaying fatigue.

- **Timing:** Begin carb-loading 1-3 days before your event.
- **Intake:** Aim for 5-8 grams of carbohydrates per kilogram of body weight.
- **Objective:** Maximize muscle glycogen stores for sustained energy.

Healthy Carb Ideas

1. **Brown Rice:** A versatile staple that's great in bowls, stir-fries, or as a side, providing sustained energy.
2. **Oats:** Perfect for breakfast as porridge or overnight oats, oats are a fiber-rich complex carb source.
3. **Whole Grain Pasta:** Offers the energy benefits of complex carbs and can be used in a variety of dishes, from salads to hot meals.
4. **Quinoa:** A complete protein and complex carb, ideal for salads, side dishes, or as a rice alternative.
5. **Sweet Potatoes:** Nutrient-dense and versatile, sweet potatoes can be roasted, mashed, or baked.
6. **Lentils:** Not only a great protein source but also rich in complex carbohydrates, perfect for soups and salads.
7. **Chickpeas:** Can be used in hummus, salads, curries, and more, providing both protein and complex carbs.
8. **Beans (Black, Kidney, Pinto):** A staple in plant-based diets, beans are a hearty source of fiber, protein, and complex carbohydrates.

CONCLUSION

By integrating these nutrient timing strategies into your training regimen, you not only boost your performance and recovery today but also set the stage for ongoing improvement and success in your outdoor athletic pursuits.



OPTIMIZE
PERFORMANCE

1

Understanding and implementing nutrient timing enhances energy levels, endurance, and performance in outdoor activities.

ENHANCE
RECOVERY

2

Strategic nutrient intake, especially post-exercise, accelerates muscle repair and replenishes energy stores, facilitating quicker recovery.

HOLISTIC
APPROACH

3

Incorporating pre-workout meals and snacks, intra-workout sustenance, and post-exercise nutrition into your regimen addresses all phases of activity for comprehensive support.

ADAPTATION
&
GROWTH

4

Beyond immediate benefits, these strategies contribute to long-term adaptation, improving your body's efficiency and resilience over time.

ELEVATE YOUR ADVENTURES

Ready to take your outdoor athletic performance to the next level? At OAT, we specialize in creating tailored training and nutrition plans that align with your unique goals and needs.

VISIT OUR WEBSITE TO LEARN MORE

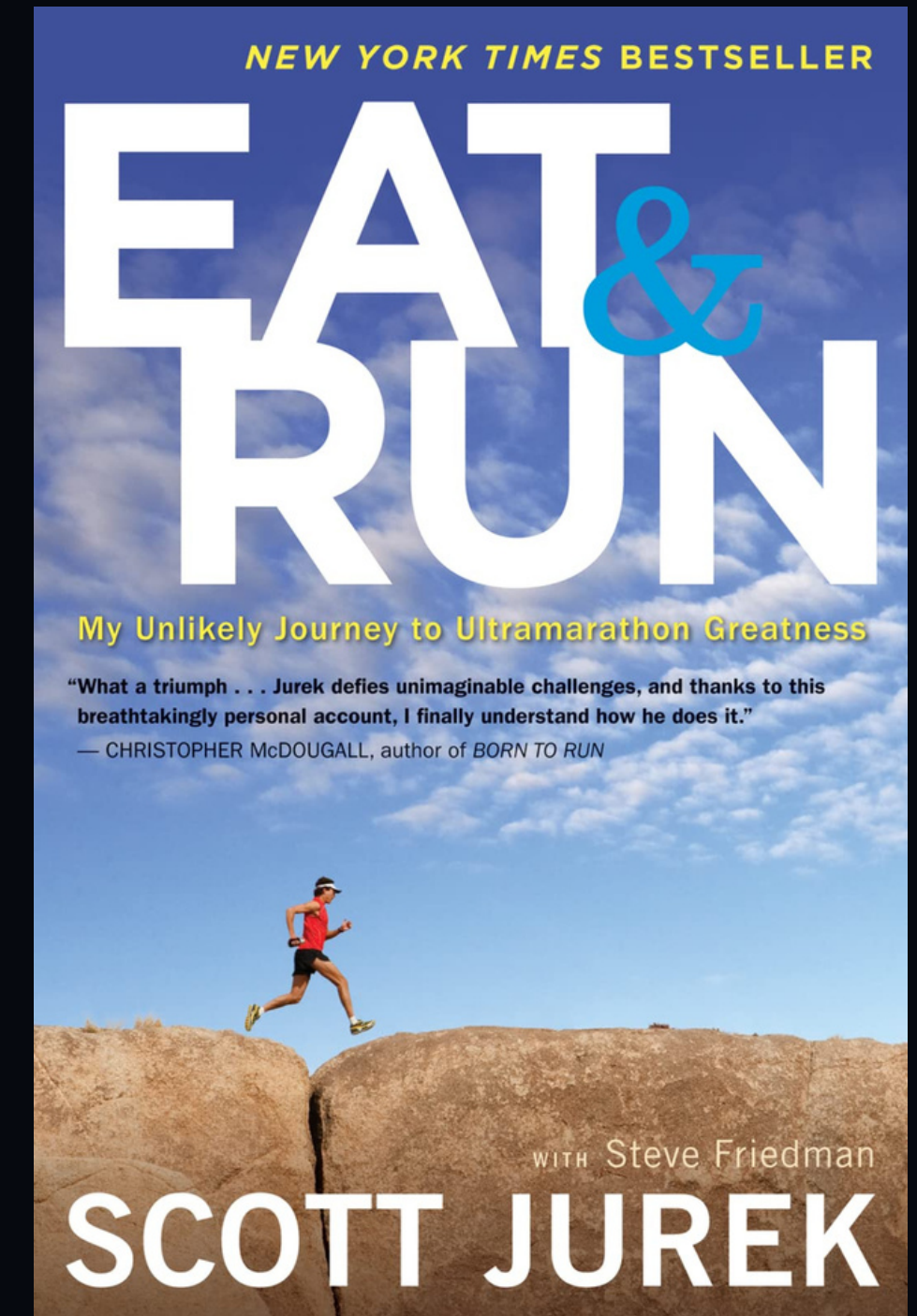
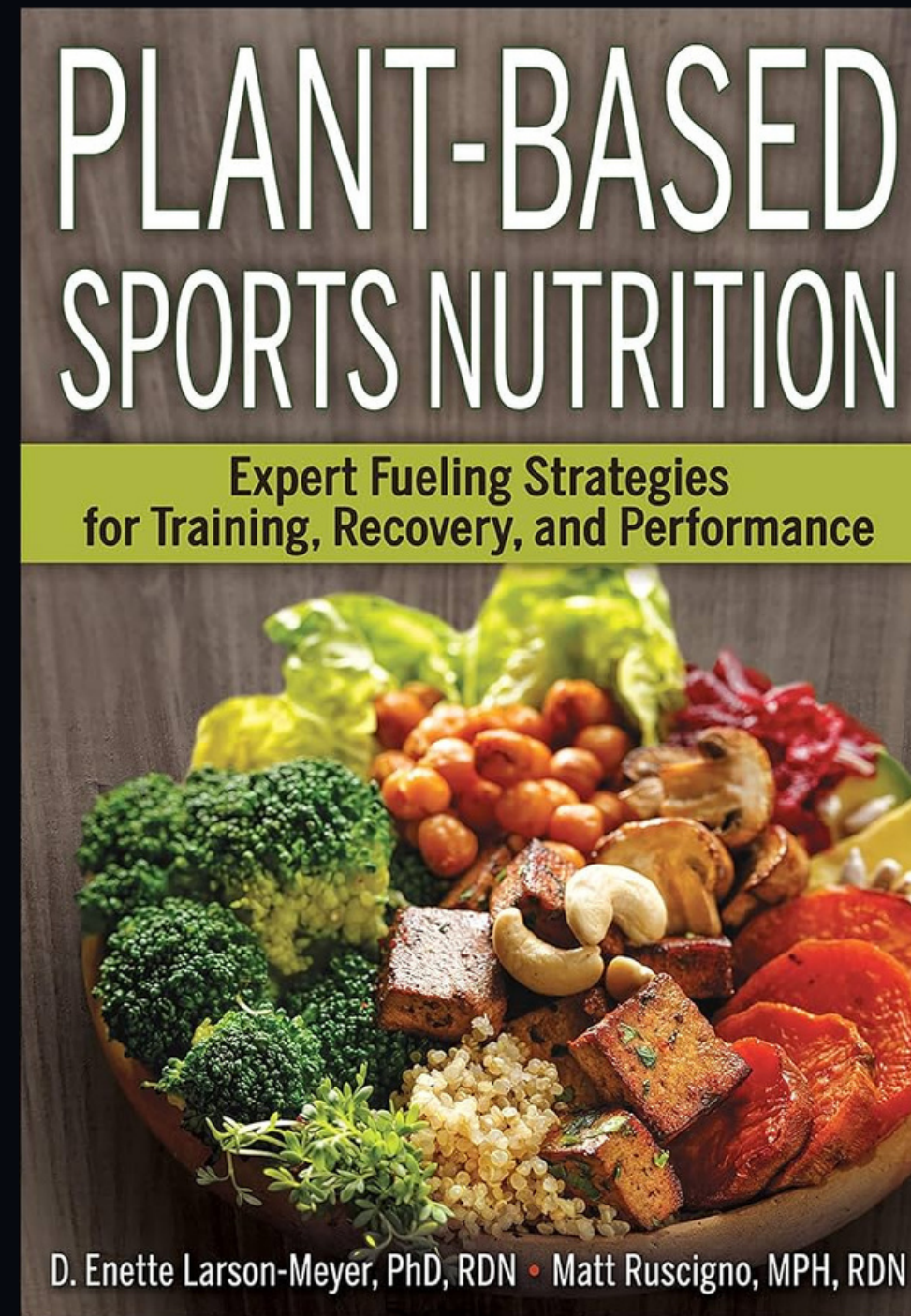
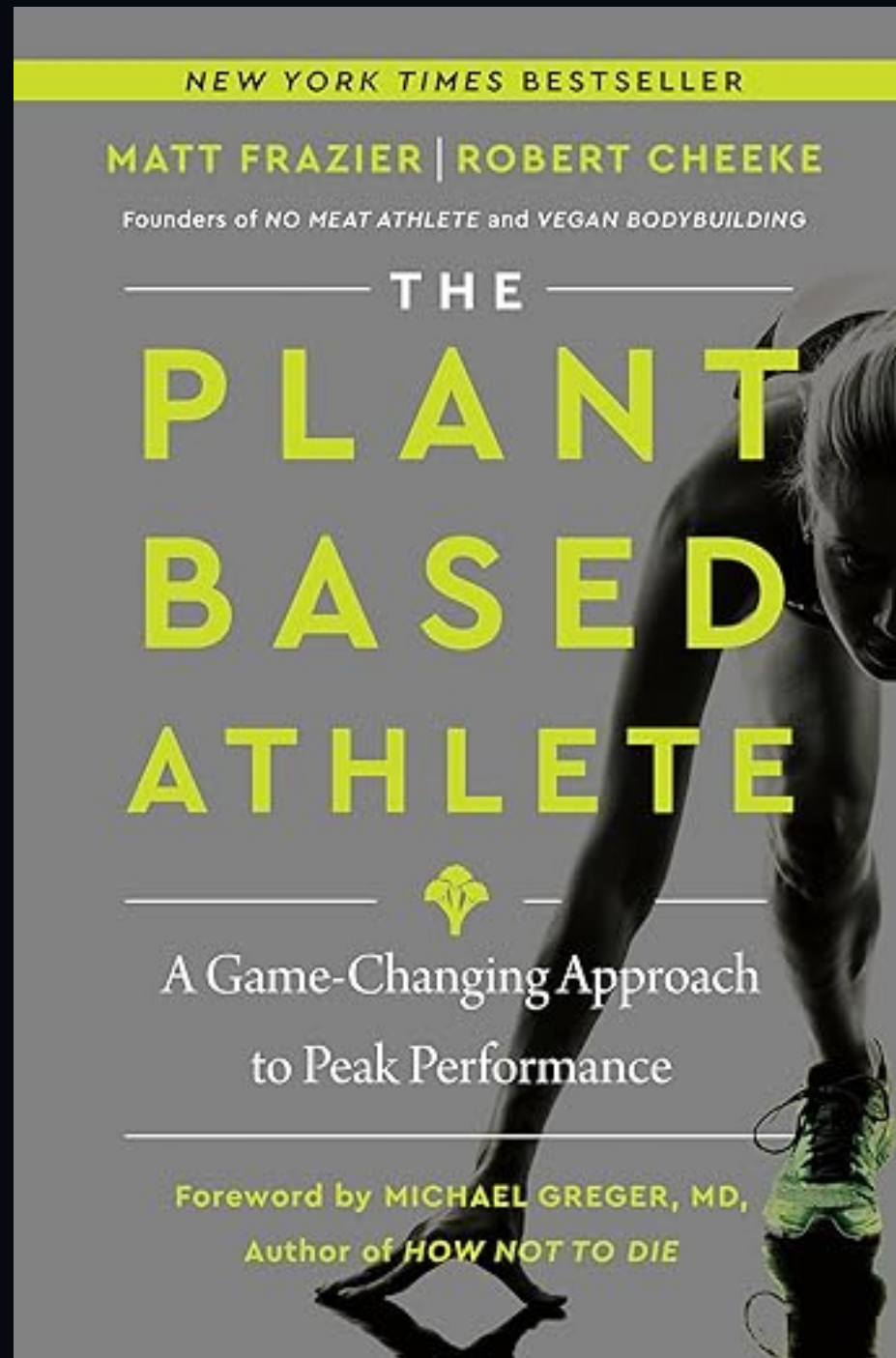


PROGRAMS

Mountaineering | Backpacking | Trekking
Trail Running | Skiing



BOOK RECOMMENDATIONS



REACH YOUR SUMMIT



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