

TIMELINE

TRAINING DAY

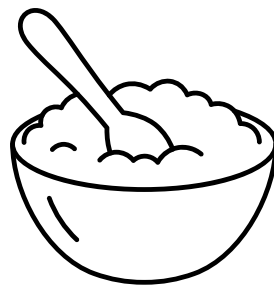
1. NIGHT BEFORE

High carbohydrate meal.
Hydrate well.
Avoid alcohol.



2. 2-4 HOURS PRE

Porridge, banana, honey.
Orange juice
Hydrate well.



3. 1 HOUR PRE.

Rice Krispie Square.
Fruit juice.
Water.



4. DURING

Energy Drink
Water



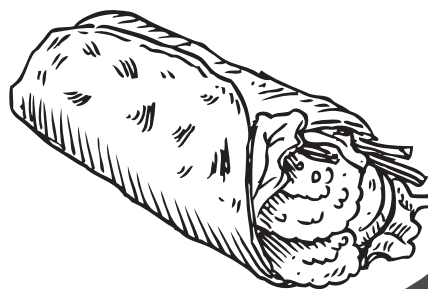
5. WITHIN 1 HOUR

High protein and carbohydrate
Fruit smoothie/chocolate milk
Hydrate.



6. 2-4 HOURS

Recovery meal
Chicken salad wrap
Hydrate



7. EVENING MEAL

Protein and carbohydrate
Curry, rice and vegetables
Hydrate



TOR NUTRITION