

FUELING MULTIPLE TRAINING SESSIONS

Treat the time between workouts as part of the training plan.

On double-session days, pack the night before and start recovery after session one. The shorter the turnaround, the more important convenient carbohydrate, protein, fluids, and sodium become.

A practical sequence

1 THE NIGHT BEFORE • Check the schedule and identify eating windows. • Pack a bottle, meals, snacks, and shelf-stable backups.	2 2-4 HOURS BEFORE • Eat a familiar meal built around carbohydrate + protein. • Examples: oats + milk + banana; sandwich + fruit; rice bowl + chicken/tofu.
3 30-60 MINUTES BEFORE • Top up with easy carbohydrate if needed. • Examples: banana, applesauce, pretzels, cereal bar, or an appropriate sports drink.	4 DURING SESSION ONE • Sip fluids; add carbohydrate/electrolytes when the session and environment call for them. • Practice the plan in training - not for the first time on competition day.
5 BETWEEN SESSIONS • Choose carbohydrate + protein + fluids soon after session one. • Ideas: yogurt + granola; chocolate milk + banana; sandwich + fruit; smoothie + pretzels.	6 AFTER THE FINAL SESSION • Eat a complete meal and continue replacing fluid/sodium losses. • Sleep and total daily intake remain part of recovery.

Follow up: Persistent fatigue, dizziness, headaches, recurrent injuries, GI distress, menstrual changes, or significant weight change deserve individualized assessment by a sports dietitian and medical team.

Educational references: [NCAA Eating Frequency for the Student-Athlete \(Feb. 2025\)](#); [NCAA Nutrition, Hydration & Sleep](#); [ACSM Sports Nutrition Facts \(Dec. 2024\)](#). General education only; individual needs vary.



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