

ATHLETE'S PLATE GUIDE

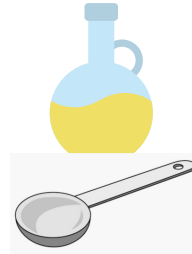
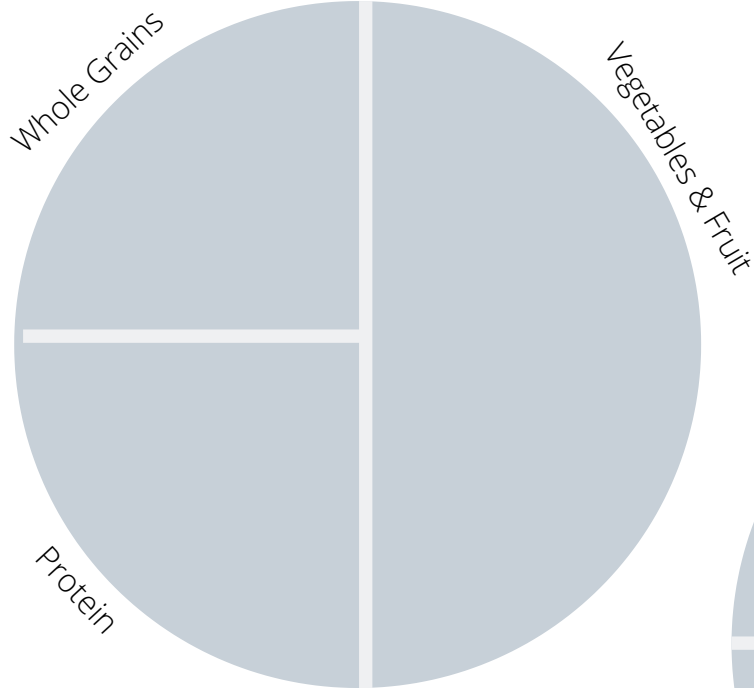
Carbs: the brain's preferred fuel; primary energy source during high-intensity training

Lipids: most concentrated energy source; primary energy source during low/moderate-intensity training, also used in endurance training to spare glycogen stores

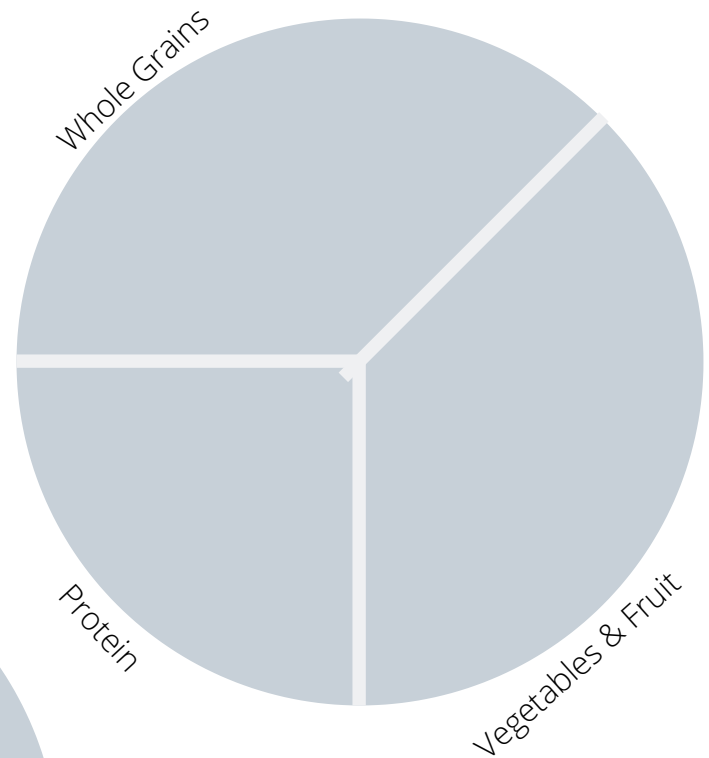
Protein: primarily for growth and tissue repair; used when glycogen stores depleted

Water: the body is made of about 60% water; water is lost every day through normal activity; water is important for thermoregulation

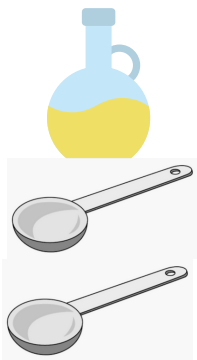
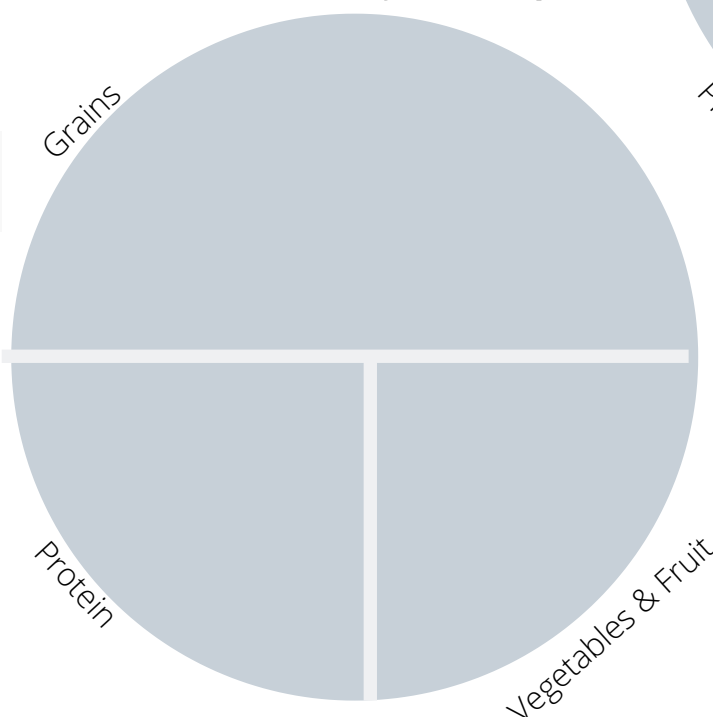
Easy Training



Moderate Training



Hard Training/Race Day



Snacks!

