

CLIMBING NUTRITION CHEAT SHEET

My weight in pounds is _____ \div 2.2 = _____ Kilograms (kg)

MY NUTRITION GOALS

CALORIES _____ kg x 35 = _____ to _____ kg x 45 = _____ CALORIES

CARBS _____ kg x 3 = _____ to _____ kg x 7 = _____ g CARBS PER DAY

PROTEIN _____ kg x 1.2 = _____ to _____ kg x 1.8 = _____ g PROTEIN PER DAY

FLUIDS _____ kg x 30 = _____ mL FLUID PER DAY \div 30 = _____ oz FLUID PER DAY

FUELING CLIMBING

FUELING TRAINING

30-60 g carbs per hour

8 oz fluid per hour



FUELING RECOVERY

20-25 g protein every 3-4 hours

40-60 g carbs every 3-4 hours

Fluids as needed to re-hydrate

SUPPLEMENTS

BETA ALANINE 4-6 g daily x 4 weeks

CREATINE 10-20 g daily x 1 week,
then 3-5 g/day maintenance dose

BAKING SODA 3-5 tsp mixed with water
2 hours before workout

CAFFEINE

100-200 mg
before
workout

Always consult with your healthcare professional before taking any supplements or undergoing any diet change.

Copyright © 2019 Real Nutrition, LLC. Do not duplicate.

Realnutritionllc.com