

Nutrition for rock climbing

# Send it!

## Before/during climbing

Eat carbohydrate---this is quick to digest and will fuel your workout.

- White mini-bagel
- Pretzels
- Rice cakes
- Fruit
- Fruit juice
- Milk or chocolate milk

## After climbing

Eat protein + carbohydrate to recover and replenish muscles

- Turkey sandwich + veggies
- Rice bowl + veggies + beans
- Burrito + rice + beef + cheese
- Pasta + marinara + meatballs
- Chicken + veggies + quinoa

## What do I eat?



**#1**

Before



**#2**

During



**#3**

After



**#4**

Hydrate



## Eat enough for training and growth

Be sure to eat before a workout if you feel hungry, or experience hunger during the workout. Drink water when you get thirsty. Sports drinks can be helpful if you are going more than 90 minutes.