Strength Academy



Eating Around Training

# What matters, in order

Timing is the last thing that matters. In order:

1. **Enough food across the day.** A client who under-eats all day cannot be fixed by a clever snack.
2. **Enough protein across the day.** About 1.6 to 2.2 g per kg of bodyweight for a client who lifts, from a 2018 meta-analysis of resistance training studies.
3. **Carbs on the days and around the sessions that need them.** Carbs are the fuel for hard training.
4. **Fluids.** Start the session hydrated.
5. **Timing and the details.** They help once the first four are in place.

That order is a summary of common sports nutrition guidance, and we state it as judgement where the research is thin.

**Check your scope.** Targets for a client with a medical condition, a pregnancy, a history of disordered eating, or medication that affects diet come from a doctor or a registered dietitian. Know what your certification and your local rules allow you to prescribe.

**Apply it.**

1. Ask your client what they ate and drank around their last three sessions.
2. Check items 1 to 3 before you talk about timing.
3. Fix the first one that is off.

**Workbook.** Exercise 1, what I eat around my sessions now.

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## Part 2. Before training

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General information for coaches and their clients. It is not medical advice and does not replace a doctor or a registered dietitian. Work within your scope of practice and refer when in doubt.