Fueling a training day

Plan around your classes and training schedule. Arrange food, fluids and the help you need. Download or use the companion: athleteperformancepress.com/journal-pages/

Fueling and recovery come first

Use these pages for fueling and recovery, not self-directed weight cutting. Follow your coach, family, athletic trainer and applicable wrestling weight-management rules. Discuss weight changes with a health-care professional. [3]

DATE / DAY TYPE

TRAINING TIME

When	Food / snack / fluids I plan to have	Where it comes from
Morning		
During the day / between classes		
Before training		
After training		
Evening		

What I need to pack or arrange

What I noticed / What I want to ask about