

# ACFT Fueling

## Why is fueling for the ACFT different than the APFT?

*The ACFT is much longer! The ACFT takes approximately 90 minutes and uses multiple energy systems. Soldiers must be deliberate about fueling prior to the event to maximize performance.*

## Why are daily, quality nutrition habits important?

*Decreased recovery time after workouts*

*Increased energy*

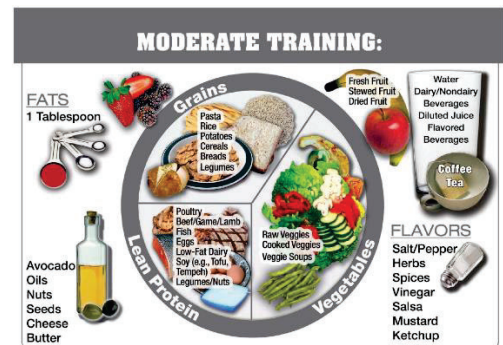
*Optimized body composition (healthy body fat percentage)*

*Injury prevention*

## Step 1) Day prior to the ACFT

*Goal: maximize muscle glycogen (readily available energy source), ensure hydration*

- Eat every 3-4 hours
- Dinner - create a Moderate Training Plate:
  - $\frac{1}{3}$  grains OR starchy vegetables
  - $\frac{1}{3}$  protein
  - $\frac{1}{3}$  non-starchy vegetable
- Hydrate!
  - 0.5 – 1.0 ounces per pound of body weight  
(example: 180 pounds → 90 ounces)



## Step 2) Prior to the ACFT (1-2 hours)

*Goal: provide quick source of energy*

- Consume about 30 grams of carbohydrates
- Drink 16 oz. of water

CARBOHYDRATE (30 grams) EXAMPLES	
$\frac{1}{4}$ cup dried fruit	Slice white bread with jelly
Whole fruit (apple, pear, banana)	$\frac{1}{2}$ regular bagel
8 oz. 100% fruit juice	$\frac{1}{2}$ cup cereal (low fiber)
16 oz. Sports Drink (Gatorade, PowerAde)	Pack MRE crackers
Sports blocks, chews, gels, beans	3 fig bars

## Step 3) During the ACFT

*Goal: maintain hydration, provide quick source of energy*

- 4 oz. (2-3 gulps) water OR Sports Drink every 15-20 minutes
- 15 grams simple carbohydrates at the start of 10 minute break before run  
(→ *this should be practiced, not new! Liquids (Gatorade) might be better tolerated*)

## Step 4) Recovery

*Goal: replace muscle glycogen, maximize muscle protein synthesis, rehydrate*

- Within 30-60 minutes (anabolic window) → PROTEIN (15-30 grams) + CARBOHYDRATE (50-60 grams)
- Baseline hydration (0.5 – 1.0 ounces per pound of body weight) + 16-24 ounces

PROTEIN + CARBOHYDRATE
$\frac{1}{2}$ cup cottage cheese with fruit, 2 slices wheat toast
$\frac{3}{4}$ cup Greek yogurt, $\frac{1}{2}$ cup whole grain cereal with $\frac{1}{4}$ cup skim milk
1 cup oatmeal with 1 cup milk
1 cup potatoes with $\frac{1}{2}$ cup scrambled eggs and fruit
2 wholegrain slices of bread with TBSP Peanut butter and banana
3 pancakes with 3 eggs
Breakfast burritos (2 eggs, $\frac{1}{2}$ cup beans, 2 corn tortillas)