

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

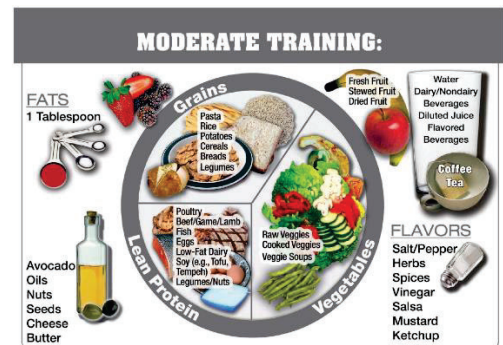
Optimized body composition (healthy body fat percentage)

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)