

# Pre-Workout Carb Timing

Mini Guide



## What's Inside:

- How to personalize portions
- Why pre-workout carbs matter
- The core timing rule
- Carb targets by timing window
- Food examples and meal ideas
- Common mistakes to avoid

# Why Pre-Workout Carbs Matter

Carbs are your body's preferred fuel during training. Eating the right amount at the right time helps:

**Top up muscle glycogen (stored energy)**

**Stabilize blood sugar**

**Improve performance + intensity**

**Support better workouts (which supports better physique changes)**

# The Core Rule (Keep It Simple)

The closer you get to training, the more you want:



**Higher carbs**



**Lower fat**



**Lower fiber**

**Reason:** fat + fiber slow digestion and can make you feel heavy, bloated, or sluggish mid-workout.

# Timing & Carb Targets (Use This Every Time)

## 3–4 hours before training



**Carb target:** 1–2 g/kg bodyweight

**Goal:** Full glycogen top-up + balanced digestion

## 1–2 hours before training



**Carb target:** 0.5–1 g/kg bodyweight

**Goal:** Lighter fuel, low–moderate fiber/fat

## 30–60 minutes before training



**Carb target:** 20–30g quick carbs

**Goal:** Rapid energy, minimal fat + fiber

Adjust up/down based on session length and intensity.

# Carb Power List (So You Can Estimate Fast)

Here are easy carb "building blocks":

- **Rolled oats:** ~27g carbs per **½ cup dry**
- **Brown rice:** ~45g carbs per **1 cup cooked**
- **Banana:** ~27g carbs per **1 medium**
- **Medjool dates:** ~18g carbs per **1 date**
- **Honey:** ~17g carbs per **1 tbsp**
- **Rice cakes:** ~7g carbs per **1 cake**
- **Pretzels:** ~22g carbs per **1 oz**



# **3–4 Hours Out Meal Ideas (50–80g carbs)**

These are "slow-release" + more complete meals:

## **Chicken burrito bowl**

brown rice + grilled chicken + salsa + veggies (around ~60g carbs)

## **Turkey & hummus wrap**

(whole grain) + **fruit** (around ~55g carbs)

## **Teriyaki chicken rice bowl**

jasmine rice + chicken + stir-fry veggies + orange (around ~70g carbs)

# 1-2 Hours Out Meal Ideas (30–50g carbs)

Lighter options that still fuel a strong session:



## Power oatmeal

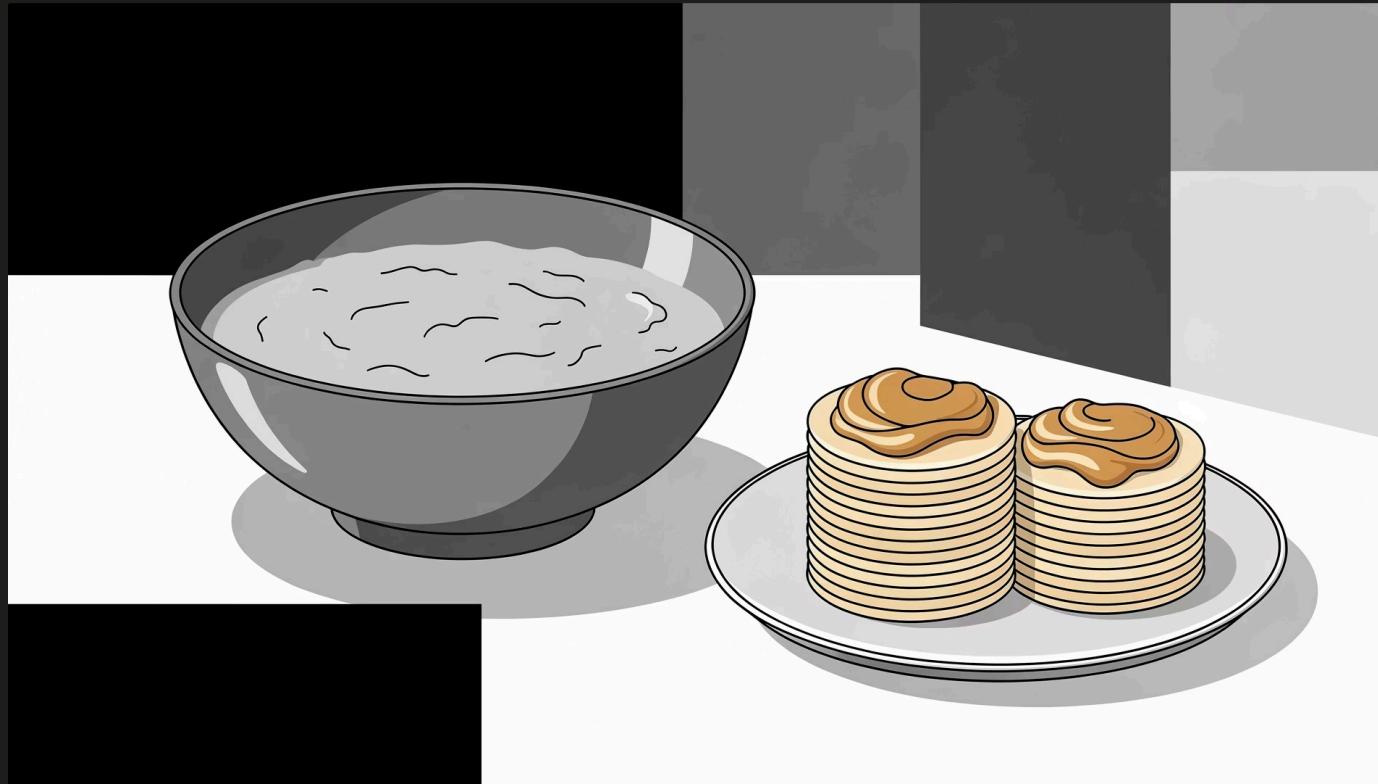
½ cup oats + 1 banana + cinnamon (around ~45g carbs)



## Rice cakes + PB&J style

rice cakes + a little PB + a little jam (around ~38g carbs)

- Keep PB modest if your stomach is sensitive (fat slows digestion)



# 30–60 Minutes Out (Quick Carbs Only)

If you're close to training, keep it simple:

- **Banana**
- **Dates**
- **Honey**
- **Rice cakes**
- **Pretzels**
- **Banana + honey** (fast energy)

**Rule:** quick carbs, **minimal fat/fiber**, easy on the stomach.

# If You Already Ate Recently...

If you had a solid meal **1–2 hours before lifting**, you usually don't need to force another snack. Instead:



**Hydrate**



**Start your warm-up**



**Use a small quick-carb option only if you feel low energy**

# **"Do This, Not That" (Avoid These Mistakes)**

**Don't make your pre-workout snack super high-fat (digests slow)**

**Don't load up on fiber right before lifting (can wreck your stomach)**

**Don't try a "new" food before a hard session**

- Test new foods on lighter training days first

# Personalize Portions (So It Actually Works For You)

Your ideal carb amount depends on:



**Bodyweight**



**Workout demands (heavy legs vs light upper)**



**Your overall calories/macros**

Use this guide as your **higher-carb window** around training, and adjust based on your goal and plan.