

GRAPPLESTRONG

THE PERFORMANCE SERIES

PRE & POST

WORKOUT NUTRITION

How to fuel before training and recover after it — using one simple framework: the 30-90 Method.

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01

SECTION 01

PRE-WORKOUT NUTRITION

- THE 30-90 METHOD
- FUELLING 90 AND 30 MINUTES OUT
- CARBS, CAFFEINE & TRAINING FASTED

01 / PRE-WORKOUT

THE 30-90 METHOD

To get your pre-workout nutrition correct, use the 30-90 Method: consume something 90 minutes and again 30 minutes before training.

WHY IT WORKS

It ensures you're hydrated for the session, prevents you underfuelling training, and stops you overeating too close to the workout.

90 MINUTES PRE — PRINCIPLES

This is the key time for eating to fuel your training. Eating the right things gives enough time to digest, so you're not hungry and have energy for the workout.

GET IT RIGHT

- Easy to digest.
- Carb-rich and low in fibre.
- Balanced fat and protein.

COMMON FAULTS

- Not eating anything.
- Eating too much, or too little.
- Consuming the wrong thing.

If you train first thing in the morning, you don't have to do this part — just use the 30-minutes-pre advice.

01 / PRE-WORKOUT – SNACK IDEAS

SMALLER SNACK IDEAS

120-250 KCALS



Flavoured yoghurt pouches



Banana and cashews



1 apple with babybel light cheese



Yoghurt and oat pot



Fuel porridge pot



Rice cake with jam and nut butter



Rice pudding pot



Dates with cashews



Bagel thin with marmite



Grapes and Dark chocolate cranberries / raisins



ELEAT protein cereal pot with milk



Cottage cheese and oat cakes

01 / PRE-WORKOUT – SNACK IDEAS

SMALLER SNACK IDEAS

250-400 KCALS



Sushi



Chicken / bean wrap



Bowl of cereal



Falafel + dip



Bagel with banana and nut butter



Cliff bar plus 100g grapes



Spanish omelette



Boiled egg wrap with salsa



Banana and oat pancakes



Smoothie plus chocolate rice cake



Melon plus raisin, nuts and chocolate

01 / PRE-WORKOUT – BARS

BARS



Graze bars



Squares bar

Soreen
bar

Nakd bar

Cliff
barNature valley oat
barsBounce
balls

Veloforte bars

Jordans frusli
bars

01 / PRE-WORKOUT

30 MINUTES PRE

The closer you get to the workout, the more liquid-based it should be. You need to drink water — and can optionally add electrolytes, carbs or protein.

PRINCIPLES

- Liquid based.
- Improves hydration.
- Can add carbs and/or protein depending on goal and session volume.

COMMON FAULTS

- Not hydrating until mid-way through the workout.
- Eating too much, or the wrong thing.
- Consuming only caffeine — no water or carbs.

WHEN TO ADD PROTEIN

- If it's more strength-based or bodybuilding work.
- If you're training first thing in the morning.
- If you struggle to hit overall protein targets.

01 / PRE-WORKOUT

CARBS, FASTED TRAINING & CAFFEINE

SHOULD YOU ADD CARBOHYDRATES?

Adding carbohydrates can help you perform more volume, complete more sets, maintain a higher intensity for longer, and attenuate muscle breakdown in training.

For short aerobic training there's no need. For sessions lasting more than 45 minutes that are high intensity, or contain a large number of sets, carbs will help performance.

WHAT ABOUT TRAINING FASTED?

It's completely fine to train fasted — ensuring you've eaten adequate calories and carbohydrates the day before, and are hydrated, are both key. But the more intensity and volume you're doing, the less likely fasted training is to help you perform at your best.

CAFFEINE

Caffeine is a proven ergogenic aid — it improves both aerobic and anaerobic performance, making it a great addition 30 minutes pre-workout. Morning and daytime trainers are fine to use it. Evening trainers, beware — it will impair your sleep.

02

SECTION 02

POST-WORKOUT NUTRITION

- THE 30-90 METHOD
- REHYDRATE, REPAIR, REPLENISH
- SHAKES & THE ANABOLIC WINDOW

02 / POST-WORKOUT

THE 30-90 METHOD

Post-workout uses the same framework: consume something 30 minutes and again 90 minutes after training.

WHY IT WORKS

It ensures you rehydrate after the session, kick-starts the recovery process, and stimulates repair and replenishment.

30 MINUTES POST — PRINCIPLES

Rehydration, repair and replenishment is the aim of the game. You don't always need carbs and protein here.

PRINCIPLES

- Liquid based.
- Rehydration first.
- Add protein and carbs if needed.

COMMON FAULTS

- Not rehydrating.
- Not kick-starting recovery.
- Rushing it within the first 10 minutes.

02 / POST-WORKOUT

DO I NEED A SHAKE?

In short — no. But a shake is helpful if:

- You trained fasted.
- You're finding recovery is poor.
- You struggle to get enough protein in across the day.
- You're training twice per day.
- You'll struggle to eat a meal within the first 90 minutes post-workout.

WHEN TO ADD CARBS

- If you're trying to gain muscle.
- If you trained for over 2 hours.
- If you're training again later that day.

02 / POST-WORKOUT

THE ANABOLIC WINDOW

The anabolic window is not a myth — it exists. It's a pretty large window, though. For most of us there's no need to worry too much: overall intake is the most important factor. But it's a tool in the toolbox for certain situations.

Carbohydrate replenishment is enhanced if prioritised post-workout — really only a concern if your training volume is very high, you have an event soon, or you're training again that day.

90 MINUTES POST — PRINCIPLES

PRINCIPLES

- A solid meal to aid repair.
- Balanced macros, with slightly higher carbs.
- Nutrient dense.

COMMON FAULTS

- Delaying intake.
- Eating poor quality food.
- Making it random, so you never learn what works.

Delaying a solid meal will impair recovery — more so the more you train. Focus on a balance of good-quality protein, carbs, fats and veg or fruit.

02 / POST-WORKOUT

MAIN MEAL IDEAS

Solid post-workout meals — balanced, nutrient-dense and easy to repeat.

Overnight oats	Eggs and bagel	Smoothie
Greek yoghurt, fruit and muesli	Tofu scramble on toast	Cereal with a protein shake and a piece of fruit
Turkey sausage and egg wrap	Baked beans on a protein bagel	Protein pancakes with yoghurt and berries
Chicken, tomato & avocado wrap	Tuna mayo and jacket potato with salad and cheese	Tofu and veggie fried rice
Tray-baked salmon with potatoes and veg	Chicken pesto pasta with peas and broccoli	Pan-fried white fish with sweet potato mash and veg
Chilli con carne and rice	Chickpeas in tomato sauce with roasted sweet potato	Greek-style chicken with cous cous and salad
Mexican quinoa with beans and salad	Lentil pasta with mushrooms, peas and broccoli	Lean steak strip salad with new potatoes

THE BOTTOM LINE

BUILD THE HABIT

Your overall intake is the most important factor when it comes to performance.

**BUT BUILD CONSISTENCY INTO YOUR WORKOUT NUTRITION
AND YOU WILL SEE BETTER PROGRESS.**

Use the 30-90 Method, keep it repeatable, and let it become automatic.

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