

Pre-Training Snack Ideas



How to get more
out of your *runs*

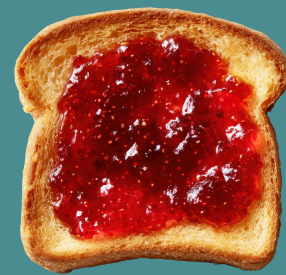
Pre-Training Carbs



Banana



Dates



Toast w/ Jam



Dried Mango



Crumpet w/ Honey



Fruit Pouch



Rice Cakes w/
Honey & Banana



Few Lollies



Apricot Bites

Pre-training carbs are one of the easiest ways to boost your energy, improve performance, and avoid that heavy, sluggish feeling during a session. Carbs top up your muscle glycogen, give your brain fast fuel, and help you hit your training targets with more power and consistency. Whether it's a banana, a slice of toast with honey, or a quick handful of lollies, the right pre-run carbs can make every run feel smoother, stronger, and more enjoyable.