*Pre-exercise*

The focus of pre-exercise nutrition should; easily digestible/ readily available carbohydrate, electrolytes and possibly a stimulant and or protein source

Nature has perfected pre-exercise nutrition in the form of a banana - 1 to 1.5 bananas is an awesome pre-exercise food choice. If you're not much into bananas, a close second is watermelon (however food volume is a lot here so I'd tend to avoid it this close to exercise to avoid gut issues). If neither of these is appealing, then cereal or dried fruit is perfect; around 50g of cereal with almond or coconut milk is great or a handful and a half of dried fruit. A cup of black coffee and or low zero sugar energy drink would be good to if you were going to go for a stimulant.

A source of protein may help accelerate recovery by preventing muscle protein breakdown; only a necessity really if sessions are very long and there's been an extended period of fasting pre and or the next meal following training will be longer than sixty minutes away

*Intra*

This one is pretty straightforward! Fluids and electrolytes. This to replace loss of electrolytes through sweat and maintain hydration status as, if they become compromised, performance will decrease significantly. There is also room for carbohydrate here, but only really if you are training very intensely for an extended period of time and or haven't had time to have a pre exercise meal / are in a fasted state

*Post-exercise*

Protein, protein, protein! We want to get a high-quality protein source as soon as is practically possible after training. Whey protein powders are your friend here. 30 - 40g of powder (roughly 25 to 35g of protein) would be perfect 🙂 Adding in a source of carbohydrates can further improve recovery. Again, a similar source to that you would have had pre-exercise but slightly smaller portion (20 - 30g of carbohydrate which is roughly a banana).