

Should we eat before morning workout

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HOW DOES WATER  
HELP YOU  
LOSE WEIGHT?  
A 16-ounce glass of water can help you  
burn more calories and keep you  
feeling fuller or thirstier!  
**DRINK THE 8!**



# what to eat before & after workouts to build muscle ▼

focus on:



## carbs

provide fuel muscles need to perform and recover

**choose whole, complex carbs**  
whole grains, vegetables, legumes



## protein

provides amino acids needed for muscle-building

**choose whole proteins**  
grass-fed meat, pastured poultry & eggs, quality protein powder

before workouts:

60-90 minutes in advance



up to 50 grams of carbs + 10 grams of protein

- whole-grain toast + eggs
- oats + unsweetened yogurt + berries
- banana + eggs

after workouts:

30-60 minutes post-workout



2:1 ratio of carbs:protein

- protein shake (protein powder + fruit + greens)
- brown rice + beef + veggies
- sweet potato + chicken



Should u eat before or after morning workout. Should we eat anything before morning workout.

It can be hard to fit working out into your already busy schedule. This leads many people to wake up early to get their workout in, or workout late at night for lack of a better time. But which one is the right choice? Is it better to workout in the morning or night? Keep reading as we explore the answer to this question. Is it Better to Workout in the Morning or Night? There are benefits to working out at night and in the morning. The most obvious of these come down to your personal schedule. If you tend to work late, working out in the morning might be the only viable option. If you work early in the morning, an afternoon or night workout makes the most sense. Generally speaking, working out is good for you and you should do it whenever you get the chance. Even though one might be better than the other, that doesn't mean you should forego exercise if you can't fit that optimal time into your schedule. That being said, which one is better? Let's start by looking at morning workouts. The Benefits of Working Out in the Morning For many people, working out in the morning is easier than working out at night. When you wake up and get over that initial grogginess, you're refreshed and full of energy. A morning exercise can help you feel less tired at work, and give you a mood boost that will follow you the rest of the day. You don't have to worry about fitting in a workout later in the day -- when you get home from work you can sit back and relax knowing you got your exercise in. One study in support of morning workouts shows that when women worked out in the morning, they were much less distracted by tempting food than under no exercise. These same women also tended to exercise more throughout the day, in addition to their morning workout. A morning workout puts personal health at the front of your mind, and lets you focus on maintaining it easier. Another study shows that working out before you eat breakfast allows you to burn more body fat. Of course, hunger can make it hard to do anything, so it's best to get to the workout quickly after waking before the hunger hits hard. Finally, some people find their ability to sleep is affected when they work out at night. When you exercise you raise your core body temperature and get your heart rate pumping. It's much easier to get to sleep when your body is cool as opposed to hot, so morning workouts might be best if you suffer from insomnia. Based on all of this, you might think that working out in the morning is the way to go. However, there are a lot of benefits that come with working out at night, too! The Benefits of Working Out at Night For many, night is simply the most efficient time to work out. As it turns out, this could be the ideal time to get your workout going. One big reason comes down to body temperature. As the day goes on your body temperature rises, which increases your muscle function, endurance, and enzyme activity. Considering this, you'll be able to get in a longer, more effective workout at night than in the morning. This study shows that the ideal time for night workouts is between 2:00 and 6:00 p.m. If you can work this into your schedule, you could be looking at some very effective workouts. A study from 2018 shows that late workouts don't affect your sleep as long as you wait about an hour after your workout to go to bed. If you can pull this off, you don't have to worry about throwing off your sleep schedule. Working out at night means you can have a much more relaxed warm-up, as you've likely been moving around all day. This can save you a considerable amount of time, and lets you get more core workout in. In the morning, your cortisol levels are at their highest, which can inhibit muscle growth. In contrast, testosterone levels rise in the evening, which helps muscle growth. In this way, you could build muscle much faster by working out late. Finally, working out helps boost your metabolism. By working out after you've eaten supper, you're allowing your metabolism to go throughout the night. This will help you burn calories faster, thus allowing you to lose more weight. The Mental Health Benefits One thing exercise does, whether in the morning or at night, is give you great mental health benefits. Exercise has been shown to help decrease stress levels, fight against depression and anxiety, and increase your self-esteem as you see progress. It also strengthens many aspects of your brain, from your memory to the speed in which you make connections. In the morning, this could put you in a good mood for the rest of the day. This is better for yourself, and for those around you. At night it could take away anxious thoughts of the next day, and put you in a more relaxed state before bed. So, What Is the Best Time to Workout? Considering all this information, should you workout in the morning or night? There are some clear benefits to both, and ultimately it'll come down to your schedule, as mentioned before. However, if you can, you should try working out at night. Not only will it help you boost your metabolism, but it's a great way to unwind after a long day, and it won't affect your sleep schedule as long as you give yourself some time before bed. If you can't work out at night, find a time that works best for you. As long as you're working out, you should be proud of yourself for making the effort. If you're looking for a low-sugar, zero-calorie energy drink for your workouts, try pureLYFT. We have tons of flavors for you to fall in love with. We runners love to talk about food! What to eat during a run, and how to refuel after a run. But what about before the run? With a few simple strategies, you can optimize your fueling and nutrition before you even step out the door. These tips will also help you minimize the risk of the dreaded GI issues or bonking halfway through your run. Below, we'll show you exactly what to eat before running any distance -- and we'll also show you what not to eat before running, too. Should You Eat Before a Run? First, let's get this question out in the clear: "Should you eat before a run?" Well, it depends. Did you just wake up and have a growling, empty stomach? In that case, yes, you should before a run. Are you lining up for a mid-day 5K? Most of the time, eating something isn't going to help you -- but eating the wrong thing could definitely hurt you. It all depends on your distance, goals, and body needs. Some people can run without eating too much, while others like to have a steady drip of calories. Neither is better than the other. What to Eat Before Running: All Distances As you read through the following tips, do keep in mind that every runner is different. What works for your running buddy may not be ideal for you. Some trial and error may be required to figure out what works best for you! That said, based on you and your desired distance, here are a few things to eat before a run. What Not to Eat Before Running a Mile, 5K, or 10K Keep meals minimal before short or intense runs. If you're lacing up to get in a shorter training session, your fueling strategy is pretty simple. Whether you've got a short run or a handful of intervals on the docket, you won't need to eat much, if anything, before starting. Since this workout will last less than an hour, your body will typically already have all the energy it needs to put in the work. Where does this energy come from? Glycogen is the main fuel source for your body in this case. This is basically a stash of sugar, or glucose, that is stored in your muscles and liver. As you exercise, your body draws on this energy to keep the engine running. Having sufficient glycogen stores is one reason why it's important for runners to get adequate amounts of high-quality complex carbs in their diets on a regular basis. We're not advocating for going on a pasta or French bread binge. Rather, include pre-run foods like oats, quinoa, veggies, and fruits in your diet to keep your muscles ready to go. Your meals from the day before, or whatever you've eaten for breakfast or lunch will have topped off your glycogen stores, so there's not much need to supplement with food pre-workout. However, if you run first thing in the morning and prefer to have a little something in your stomach, then try something simple like a banana or a few bites of yogurt. It won't be so much that you feel full or heavy, but it will prevent you from having to deal with a growling stomach while getting warmed up! What to Eat Before a Track Meet Track races are typically short, so you won't need much to see you through to the finish line. Try not to eat anything that'll make you feel bloated or full. If you need a little something-something, try a light pre-run snack like a banana -- and eat it at least 30 minutes before you line up. What to Eat Before Running in the Morning Should you eat before a morning run? If your belly is feeling empty before a short morning workout, you might want to eat a little something -- even if it's not necessarily giving you any fuel for the run. Try something light and high on the GI scale -- this will make it quick to digest and not sit in your stomach like a rock. What to Eat Before Running a Half-Marathon. Experiment to find your best meal for medium-length runs. For runs between 60 to 90 minutes, you're in a bit of a gray area. This is where that "one size fits all" mentality really doesn't cut it. For some runners, they may prefer to head out on an empty stomach. Other runners know they'll get hungry halfway through their run, and prefer a pre-run snack. The intensity of the workout or run is another consideration. If you're going out for a lower intensity 90-minute run, the meal you ate a couple of hours ago might be enough to carry you through. If that same 90-minute run will include some intense hill repeats or tempo repeats, then some simple carbs beforehand might be a good idea to maintain your energy level. A banana, some dates, or a smoothie are some great ideas for you in that case. If you're running soon after waking up, try putting some peanut butter on that banana for some extra calories and staying power. Add a small handful of almonds to the dates and you've got a great pre-run snack. What to Eat Before Running a Marathon Long runs require pre-fueling. Here's what to eat before a long run. This is where a runner has a ton of options for their pre-run fueling! For runs longer than that 90-minute mark, you'll definitely want to eat something beforehand. Your time to departure will affect your decision. Here's what to eat before a long run (and during it): 2 hours before the run: Oatmeal, granola, avocado toast, a PB &J are all great choices. 1 hour before the run: Something easy to digest like an energy bar should settle well. You could also include 8-12 ounces of a sports drink with electrolytes to make sure you're properly hydrated. 30 min or less before the run: Keep it basic here with simple sugars: fruits such as a banana, dates, or appleauce are favorite picks. If you have a favorite energy chew, this can give you a good pre-run boost. In addition to eating before the run, you'll also want to think about eating during the run. Remember those glycogen stores we talked about earlier? They won't get you through the entirety of your run, especially if you'll be out for a couple of hours or longer. You'll need to supplement with additional calories during the run. To avoid hitting "the wall." The general rule is that you'll want to take in 30-90 grams of carbs/hour depending on effort. If you're keeping the pace and intensity a bit lower, then you can get away with lower carb intake during that long run. If your route will include some big hill climbs, or you'll be pushing the pace, you might fall on the higher end of that range. Now, don't worry about eating an entire pizza or box of pasta the day before a race. Sure, you'll want to put some healthy carbs into your body, but you'll want to be doing this the entire week leading up to the race -- don't wait until the night before your marathon to eat what you need. With Such a Variety, What's a Runner to Eat Before a Long Run? Experiment! Some runners prefer real food for those long-distance runs. Stand-bys include peanut butter pretzels, granola bars, boiled potatoes, and the ever-present banana. Other runners prefer easier-to-digest calories such as energy gels, chews, or a sports drink. What works for you and settles well in your stomach will vary from runner to runner. Even among training runs, there will be days where your baggie of pretzels just isn't cutting it and you instead reach for the gel packet instead. Knowing what you can use for backup is just as important as the rest of your nutrition strategy. Don't Wait Until Race Day To Practice What To Eat Before Running One of the biggest rules for race day: Don't try anything new! This goes for new clothing and shoes just as it does for food and nutrition. By race day you'll have practiced what works for you. Whether you're in the camp that prefers an empty stomach before starting a run, or if you're the type (like me!) that needs to eat a little something beforehand, stick with the tried and true answer for yourself. Put your race in the same category of run as mentioned above. A 5k race could definitely be considered a short run. On the other hand, a half-marathon will be a 2+ hour effort and falls into the long run category. Eat early enough so your digestive system isn't stressed with a full belly before your race starts, just as you practiced on your training runs. What NOT To Eat Before Running Any Distance Just as there are some great recommendations for the best options to eat before a run, there are similar recommendations of what to not eat before running. Spicy foods: Salsa burps, anyone? Save the hot sauce for your post-run meal! High-fat foods: These foods take longer to digest, and are more likely to sit in your stomach and result in a heavy feeling on the run. High-fiber foods: Now isn't the time to load up on a bean burrito, or you might regret it halfway through your run! Check out this article on common nutrition mistakes to avoid making them yourself! Bonus Tip: Hydrate! No matter the length of your training run, whether it's a half-hour jog around the block or a 4-hour suffer-fest in the mountains, hydration is critically important for ALL runners. If you start off your run dehydrated, you'll be fighting an uphill (pun intended!) battle during the run. You're much better off getting and staying hydrated before you even put your shoes on. An easy way to remember to hydrate throughout the day is to aim for a 4-6 glasses of water before 2pm, and another 4-6 glasses of water after 2pm. Best Pre-Run Foods, Meals, and Snacks Not sure what to eat before a run? Here are a few of our favorite recommendations. Now, remember -- these won't work for everyone. Some people might not like a bowl of oatmeal before a run, and that's just fine. Experiment and see what works best for you. Best Pre-Run Foods and Snacks Apple Banana Oats Toast Cliff Bar Crackers Pretzels You can use the same snacks you use in a run before your run. For example, if you like to use Gels or Tailwind during your race, don't be afraid to snack on it 30 minutes before show time. Best Pre-Run Meals Scrambled egg whites on a bagel Blueberries and jam with toast Baked potatoes Cooked pasta. Eat This, Not That Before a Run Now that you know what to eat before running at various distances, it's time to put it into action with a running plan. We've got plenty of more resources for you! Check out all our nutrition videos for even more helpful hints from Coach Elizabeth, and come join our running community by downloading the mobile app!

