

Nutrition Programming w/ Strength Training

General Physical Preparedness/Hypertrophy Phase:

Carbohydrates – 5-7g/ kg daily

Protein - 1.2-2.0g/kg daily split evenly over meals & snacks

Hydration – 0.5 x body weight in lbs = oz/day + 16oz per hour exercise



Strength Phase:

Carbohydrates – 1-4g/kg 1-4 hours pre workout and 5-7g/ kg daily

Proteins – 0.3g/kg post workout and 1.2-2.0g/kg daily split evenly over meals & snacks

Hydration – 0.5 x body weight in lbs = oz/day + 16oz per hour exercise

Power Phase:

Carbohydrates – 1-4g/kg 1-4 hours pre workout and 5-7g/ kg daily

Proteins – 0.3g/kg post workout and 1.2-2.0g/kg daily split evenly over meals & snacks

Hydration – 0.5 x body weight in lbs = oz/day + 16oz per hour exercise

Sports Specific Phase: JRTC

Carbohydrate loading pre event – 5-9g/kg daily 2-4 weeks prior

Hydration – 0.5 x body weight in lbs = oz/day + 16oz per hour exercise

Sports Specific Phase: ACFT

Consume balanced meal or snack 1-4g/kg 1-4 hours pre event

Hydration – 0.5 x body weight in lbs = oz/day + 16oz per hour exercise

Recovery Phase:

Focus on balanced meals and snack

Hydration – 0.5 x body weight in lbs = oz/day + 16oz per hour exercise

For more information, please visit AsparagusAndGold.com.