STRETCHLEARN · WORKBOOK

Sports Nutrition Basics — Workbook

This workbook translates the course concepts into hands-on practice — you will calculate your own macro targets, design your pre- and post-workout meals, evaluate the supplements you currently use, and build a personalised weekly fuelling plan. Work through each section after completing the corresponding module, and revisit your entries as your training load changes.

Macronutrients and Energy for Exercise

Establish your baseline — calculate your daily protein, carbohydrate, and fat targets based on your current bodyweight and training load.

Exercise: Calculate Your Daily Macro Targets

Use the ACSM/AND/DC formulas from Module 1 to calculate your personalised daily protein, carbohydrate, and fat targets. Answer all prompts before moving to the worksheet.

• What is your current bodyweight in kilograms? If unsure, estimate.

• How many training sessions do you complete per week, and what is the average duration and intensity of each?

• Based on the training load table in Lesson 1, which carbohydrate category best describes your current training (light / moderate / high / very high)?

• Which protein range applies to you — recreational, strength/hypertrophy, endurance, or caloric deficit? What daily protein target in grams does that give you?

Worksheet: My Daily Macro Target Sheet

Fill in each row using your calculations from the exercise above. These become your daily nutrition benchmarks for the rest of the course.

My bodyweight (kg)

My training load category (light / moderate / high / very high)

Daily carbohydrate target — low end (g/kg x bodyweight)

Daily carbohydrate target — high end (g/kg x bodyweight)

Daily protein target (g/kg x bodyweight)

Daily fat target — low end (0.5 g/kg x bodyweight)

Daily fat target — high end (1.5 g/kg x bodyweight)

Estimated total daily calories (carb g x 4 + protein g x 4 + fat g x 9)

Biggest gap vs. my current diet (carb / protein / fat / hydration)

Checklist: Macronutrient Foundation Checklist

[ ] I know my bodyweight-based daily protein target in grams
[ ] I have identified my training load category and corresponding carbohydrate range
[ ] I understand the distinction between training-day and rest-day carbohydrate needs
[ ] I can name at least 3 high-quality protein sources I will actually eat
[ ] I know my sweat-loss indicator (urine colour) and its target zone
[ ] I have logged one day of food to compare actual intake against my targets

Pre-Workout Nutrition

Design and test a pre-workout nutrition strategy matched to your specific training schedule, timing constraints, and gut tolerance.

Exercise: Map Your Pre-Workout Scenarios

Most athletes have 2–3 recurring pre-training scenarios (e.g., 6am session, lunchtime session, evening session after work). Describe your most common ones and work through the timing logic for each.

• List your 2–3 most common training times. How many hours before training can you realistically eat a full meal in each scenario?

• For each scenario, which template applies — the 3–4 hour full meal or the 30–60 minute snack (or both in sequence)?

• Have you ever experienced GI discomfort, cramping, or reflux during training? If so, which foods or timing patterns preceded it?

• Do you currently use caffeine before training? If so, what source, how much, and how far before exercise?

Worksheet: Pre-Workout Meal Planner

Complete one row per training scenario. This becomes your go-to reference when planning training-week nutrition.

Scenario name (e.g., 6am gym session)

Training start time

Latest time for a full meal (3–4 hours prior)

Full meal choice (food, estimated carbs g, estimated protein g)

30–60 min snack choice (food, estimated carbs g, estimated protein g)

Caffeine: yes / no — if yes, source + dose (mg) + timing before training

Gut-tolerance rating from last trial (1 = poor, 5 = excellent)

Adjustments to test next session

Checklist: Pre-Workout Nutrition Readiness Checklist

[ ] I have identified a reliable full meal option for when I have 3+ hours before training
[ ] I have identified a low-fat, low-fibre snack option for when I have less than 1 hour before training
[ ] I have tested at least one pre-workout meal during a low-stakes training session
[ ] I know my effective caffeine dose and timing if I choose to use it
[ ] I avoid high-fat, high-fibre meals within 90 minutes of training
[ ] I have a fasted-training protocol ready for unavoidable early sessions

Post-Workout and Recovery Nutrition

Build a recovery nutrition strategy calibrated to your between-session gap — distinguishing rapid-recovery protocols from standard 24-hour recovery.

Exercise: Identify Your Recovery Urgency Level

Recovery nutrition urgency depends primarily on the time between training sessions. Work through these prompts to identify which recovery protocol applies to you.

• How many hours typically separate your training sessions? Do you ever train twice in one day or on consecutive mornings?

• Do you typically arrive at training in a fasted state (more than 4 hours since your last protein-containing meal)? How often?

• Describe your current post-workout habit — do you eat within 30 minutes, within 2 hours, or when convenient?

• Have you noticed correlations between post-workout eating patterns and next-session energy levels or soreness?

Worksheet: Recovery Meal Template

Design a ready-to-use recovery meal for your two most common post-training situations (rapid recovery under 8 hours; standard recovery 24+ hours).

Situation A: rapid recovery (under 8 hours to next session) — meal name

Situation A: carbohydrate foods and estimated grams

Situation A: protein foods and estimated grams

Situation A: prep time in minutes (target under 15 for rapid protocol)

Situation B: standard recovery (24+ hours) — meal name

Situation B: carbohydrate foods and estimated grams

Situation B: protein foods and estimated grams

Situation B: micronutrient focus (e.g., iron-rich greens, omega-3 fish, antioxidant berries)

Pre-sleep protein option (cottage cheese, casein shake, milk) — my choice and portion

Checklist: Recovery Nutrition Checklist

[ ] I know whether I need a rapid-recovery or standard-recovery protocol after each session
[ ] My rapid-recovery meal contains 1.0–1.2 g carbohydrate per kg bodyweight and at least 20 g protein
[ ] I have a pre-sleep protein option ready for days with high training loads
[ ] I eat at least 2 portions of oily fish per week or supplement omega-3
[ ] I use colourful vegetables as my primary antioxidant source, not mega-dose supplements
[ ] I check urine colour post-exercise and rehydrate to pale straw before my next session

Supplements — Evidence, Dosing, and Red Flags

Audit your current supplement use against the AIS evidence framework, decide which (if any) to keep, and build a lean, evidence-based stack.

Exercise: Supplement Audit

List every supplement you currently take or have recently purchased. For each one, work through the evaluation prompts to determine whether it earns a place in your stack.

• List all supplements you currently take — name, dose, frequency, and monthly cost.

• For each supplement, look up its AIS classification (Group A, B, C, or D). What did you find?

• Does the supplement have at least 2 independent randomised controlled trials supporting its use for your specific training goal? If you cannot find any, that is your answer.

• Is the product batch-tested by Informed Sport, NSF Certified for Sport, or BSCG? If not, and you compete, what is your risk tolerance?

Worksheet: Evidence-Based Supplement Decision Sheet

Complete one row per supplement. Use the keep / pause / drop decision column to build your final stack.

Supplement name

Current dose and frequency

Monthly cost (CAD/USD)

AIS classification (A / B / C / D / unknown)

Number of RCTs found supporting my specific use case

Third-party testing certification (yes / no / unknown)

Decision: keep / pause and reassess / drop

Reason for decision

Checklist: Final Supplement Stack Checklist

[ ] Every supplement in my stack has at least AIS Group B classification or better
[ ] Each supplement has a specific performance or health goal — I can state it in one sentence
[ ] At least one of creatine monohydrate or caffeine is in my stack if they align with my training goals
[ ] Every supplement I use is either certified by Informed Sport or NSF Certified for Sport, or I am not subject to anti-doping testing
[ ] I have removed or paused any supplement I could not classify with evidence
[ ] I have calculated the monthly cost of my remaining stack and confirmed it is justified by the expected benefit

Exercise: Build Your Weekly Fuelling Plan

Bring together all four modules into a written 7-day fuelling plan that reflects your actual training schedule, macro targets, and supplement stack.

• Write out your training days and rest days for a typical week. Note the training type (strength, cardio, mixed) for each.

• For each training day, specify your pre-workout meal or snack, your post-workout recovery meal, and your carbohydrate intake target (higher on training days, lower on rest days).

• Identify the one biggest nutrition habit you will change this week based on what you learned in this course.

• Set a 4-week check-in goal — what measurable outcome (performance, body composition, energy, recovery quality) will you use to evaluate whether your fuelling changes are working?

Your Action Plan

1. Weigh yourself this week and calculate your personal daily protein and carbohydrate targets using the ACSM/AND/DC formulas
2. Log 3 consecutive days of food intake in Cronometer or MyFitnessPal and compare actual macro intake against your new targets
3. Design and write down a pre-workout meal and snack for each of your 2–3 recurring training time slots
4. Test your pre-workout meal choice during a low-stakes training session and rate your energy and gut comfort on a 1–5 scale
5. Prepare a rapid-recovery meal template (batch-cook option preferred) for days when your next session is under 8 hours away
6. Complete the supplement audit worksheet — list everything you take, look up AIS classification, and apply the keep / pause / drop framework
7. Add creatine monohydrate to your stack if strength or power training is a primary goal — start with 3–5 g/day maintenance dose
8. Swap at least one high-fat post-workout snack for a balanced recovery meal within 2 hours of training this week
9. Check your urine colour first thing in the morning for 7 consecutive days and track whether it correlates with next-day training quality
10. Review your fuelling plan at 4 weeks against your target outcome and adjust one variable at a time