

This guide provides simple, **science-backed nutrition strategies** to help volleyball players stay energized, recover faster, and get the most out of their training.

## 2-3 Hours Before Practice (Pre-Training Meal)

**Why?** To fuel **endurance, strength, and focus** during training.

**What?** A **balanced meal** with **carbs, protein, and healthy fats** for sustained energy.

- Grilled chicken + quinoa + roasted vegetables
- Oatmeal + almond butter + banana + Greek yogurt
- Whole wheat wrap with turkey, avocado, and spinach
- Scrambled eggs + whole grain toast + side of berries
- Smoothie (whey protein + almond milk + banana + oats + peanut butter)

💡 **Hydrate!** Drink at least **16–20 oz of water** before training.

## 30-60 Minutes Before Practice (Light Snack – Optional)

**Why?** Provides **quick-digesting fuel** to top off energy stores.

**What?** A **carb-based snack** with a little protein.

- Banana + peanut butter
- Low-fat Greek yogurt + granola
- Whole grain toast + honey
- Handful of pretzels + string cheese

💡 **Avoid:** Heavy meals, greasy foods, and excessive sugar.

## During Practice (Hydration Strategy)

**Why?** Prevents **fatigue, cramping, and loss of focus**.

- **Water:** 4–8 oz every **15–20 minutes**
- **Electrolytes** (if sweating heavily or in hot conditions)

Water is usually enough for practices, but if sweating heavily, training intensely, electrolyte drinks or sodium-rich snacks (pretzels, broth) can help maintain balance.

## Within 30-60 Min. After Practice (Post-Training Recovery)

**Why?** Replenishes **glycogen, repairs muscles, and prevents soreness**.

**What?** A **protein + carb meal or snack** for faster recovery.

- Protein smoothie (whey protein + banana + almond milk)
- Turkey sandwich on whole wheat bread + side of fruit
- Rice + lean protein (chicken, turkey, tofu) + steamed veggies
- Eggs + whole wheat toast + ¼ of avocado
- Low-fat Greek yogurt + mixed berries + granola

💡 **Rehydrate!** Drink **24–32 oz of water** post-practice.

## Key Takeaways

- **Pre-Practice = Energy:** Balanced meal 2–3 hours before, optional snack 30–60 min before.
- **During = Hydration:** Water is key; electrolytes if sweating a lot.
- **Post-Practice = Recovery:** Protein + carbs within 30–60 min for muscle repair.

**Disclaimer:** This nutrition guide is for general informational purposes only and is not intended as medical advice.