



Pre-training

Primer ideas





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1 x large apple



1 x sultana packet



Banana bread



300mLs pineapple juice



2 x pikelets and honey



Carman's fruit strap



Oaty slices bar



Carman's oat slice



Freedom rice bubbles





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60g fruit loops



1 x bagel with honey and banana



1 x piece fruit toast and banana



2 x oat bars



35g rice bubbles and honey



2 x crumpets and honey



2 x thick rice cakes and honey



300mL orange juice and 1 x apricot packet



2 x k-time bars



