

Fueling Strategy

Night Before:

- Carb Load (e.g. pasta, rice, bread, veggies...)
- Note
 - o At least 12 hours before the race
 - o Do not eat too much

About 3 Hours Before the Race

- Light Breakfast (e.g. bagel & peanut butter)
- Note:
 - o Do not eat too much
 - o Nothing that will take a while to digest

About 1 Hour Before the Race

- Take a few sips of Gatorade or other sports drink

During the Race

- Consume carbs during transition or an hour after start
- Consume some carbs every 15-30 minutes afterwards
- Also consume sodium for long and/or warm weather races

Post-Race

- Enjoy the finish line festivities
- Eat a healthy meal of carbs and protein for recovery
- Listen to your body and give it what it craves (to a degree)