

Fueling
for

EVENING RACES

8-10 hours before race:

A hearty breakfast that will help fill you up without weighing you down. Stick with something tried and true. A bowl of oatmeal with dried fruit and nuts mixed in plus a couple scrambled eggs. Waffles or pancakes topped with nut butter and paired with a glass of milk. A fruit smoothie made with protein powder, frozen fruit, milk of choice and paired with some avocado toast.

4-6 hours before race:

The goal of this meal is to top off your glycogen stores-which ensures you have adequate energy for the race. Avoid very high fat/fiber foods at this meal as they can take longer to digest and lead to stomach upset during the race. Some meal ideas: a turkey sandwich and a bag of pretzels, plus a piece of fruit, a bowl of pasta with light red sauce, a small serving of lean protein (like chicken, ground turkey or tofu), ½-1 cup cooked veggies mixed in and a piece of bread or toast. Or a classic PB&J sandwich with a handful of baby carrots and a piece of fruit.

1.5-2 hours before race:

Aim to have your last solid food. Just be sure it's not too heavy (i.e., high in fat), contains simple or easy to digest carbohydrates (avoid high fiber options) and a little bit of protein to keep you satiated. Toast with peanut butter, a small bowl of cereal with low-fat milk, a granola bar, or some pretzels with hummus are all good options.

1 hour before race:

Focus on hydration and if hungry, simple energy sources like Gatorade Endurance chews, gels or sip on some Endurance Formula.

Drink 1/2 of your body weight in ounces on race day and at least 16-24oz in the 2 hours leading up to the race.

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