

# Race Day Fueling Checklist

Real Food For Fuel, LLC



## Months Before

- What is your “A” Race for the Season? What is your goal for that race? It’s important to have a good idea of the duration and intensity of your race to accurately establish your fueling needs.
- Identify your choice fuels: Do you prefer liquid or solid calories? Sweet or salty? Real foods versus sports nutrition products? Are the products you’ve used in the past still working for you?

## Weeks Before

- Study the course, the nutrition provided on course and develop a plan.
- Practice makes perfect!! Train with your race nutrition plan, train with fuel provided on course, etc
- Also plan to practice your pre-race dinner & breakfast during before longer training runs. This is the best way to nail down what works best for YOU.
- If you plan to eat out the night before your race, make your reservation early for a place that you know is good. OR, even better, plan to pack your own dinner, stay in and relax pre-race!

## Days Before

- Buy your race nutrition (don’t wait till the last moment) and make sure it’s packed!!!
- Increase your carbohydrate intake by increasing the proportion of total calories from carbs, not just eating more calories in general. Be sure to drink plenty of water, which aids in hydration and preventing constipation.
- Reduce fiber intake 1 to 2 days before the event if you often suffer from GI issues

## Pre-Race Breakfast

- Consume your (well-practiced ☺ ) pre-race breakfast 2-4 hours before prior to race start
- Aim for at least 75-100 grams of carbohydrate; avoid high fiber, high fat and high protein foods
- Drink enough fluid and check that your urine color is light; consume coffee if that’s what you’re used to
- Make sure to use the restroom!!!

## The Hour Before

- Sip on sports drink or cool water
- Start your race fueling 5-15 min before the start where possible



## During The Race

- Stick to your nutrition plan, but don’t stick to it at all cost. Listen to your body and roll with any challenges you encounter.
- Aim for 30-60g carbohydrates per hour using sports drinks gels, chews, bars, depending on your personal preference. You can mix and match to achieve your fueling goals.
- Don’t experiment with anything new! And avoid high fiber fat and protein intake during the run.
- Don’t over drink, don’t under drink. Try to match sweat losses or a little less.
- Don’t use excessive salt or electrolyte intake.