

Race Fueling

In the days before and the morning of the race:

Meals in days prior to the race should be **very similar to your normal eating routine**. If you tend to find yourself hungry between meals, consider slightly bigger portions or more frequent snacks for a couple days leading up to the race. Go light on fiber and any food that doesn't agree with your gut.

Hydrate well, but not excessively. Average or slightly above average fluid intake in the 2 days before the race is a good goal. Don't drink more than usual on the morning of the race.

Finish your breakfast ~2 hours before the race start. Eat something that includes all three macronutrients (fat, carbs, protein.) 30-45 minutes before the start, have a small snack of simple carbs, such as a couple bites of an energy bar.

No need to carbo-load. Your body can store only so much sugar, and eating more of it won't make any more sugar readily available for your usage. **Therefore, you'll need to eat some sugar during the race to refuel:**

During the race:

Eat a **small snack of simple carbohydrates every 30-45 minutes** throughout your race. I recommend real food before gels, but use whatever you typically eat on long runs. **Take some water with your snack.**

Check to see how frequently your race will have **aid stations**, and what they will offer. In your final long runs leading up to the race, practice carrying anything you will carry on race day.

After the race:

- 1) Change into clothes that aren't soaked with sweat so you don't freeze.
- 2) Get a small shot of sugar: the same sort of simple carbs you've been eating all day.
- 3) Jog or walk a bit to fend off stiffness, or address any sore spots if necessary.

When your body is warm and happy, then you can commence the post-race pig-out (and rehydration!) Keep in mind that your stomach might be a little distressed, so go easy on volume at first. Aim to have a meal with **all 3 macronutrients within 90 minutes of race finish.**

Feel free to send me any questions about fueling for your race!

Carly