

## Pre-race Meals - General

- Practice your day before, night before and morning of nutrition
- Foods that sit on *your* stomach and digest easily
- If you are traveling to a race, find foods and restaurants you can count on at your destination

## Race Fueling Rules of Thumb

- Before:
  - Use the pre-race meals you have practiced and allow time for digestion (2 – 4 hours)
  - If you feel you need it, about 30 minutes prior to your swim take in some easily digested carbohydrates and fluid
- During:
  - Fuel on the bike
    - Plan on starting with 250 calories per hour for the bike
      - About 60 grams carbohydrates
      - If this works, you can adjust it to see if you can take in more
    - Take your last drink 15 – 30 minutes prior to finishing the bike to allow your stomach to clear before the run
  - Fuel on the run
    - Plan on 200 – 250 calories per hour for the run
      - About 50 – 60 grams of carbohydrates
      - If this works, you can adjust it to see if you can take in more
- After:
  - Get your first recovery meal within 30 minutes of completing your workout/race (if your workout is 60 – 90+ minutes long)
    - 3 – 4 grams of carbohydrates for every gram of protein
    - Find one that works for *you*!
- Practice, practice, practice!
  - You have to train your gut, just like you train the rest of your body
- Consider environmental conditions – heat, humidity, etc.
  - These all require adjustments
- During a race it is easier to adjust for under-consumption than over-consumption

## Sprint Racing Fueling

- Realistically, if you are well fueled for the race, you should need minimal fueling during
- If you are going to use a sports drink, use it on the bike

## Quarter Ironman/Olympic

- Fueling becomes more important in these races
- Be sure you are taking in enough calories on the bike and run

## Half Ironman/Ironman

- Pre-race: You may want to consider multiple “pre-race meals”
  - 3 – 4 hours before
    - Can be a larger meal
  - 1 – 2 hours before
    - Smaller, perhaps liquid meal
  - 30 minutes before
    - Liquid
  - Easily digestible foods that will clear your stomach before the race
- During:
  - Fueling on the bike is critical!
    - Use the aid stations
    - Consider a concentrated bottle that you can dilute with water from the aid stations
      - Practice with a concentrated bottle to be sure you can dilute it
    - For Ironman length, determine if you plan to use a “special needs” bag and what it will contain
      - Extra drink
      - Gels/blocks/etc.
      - Easy to eat foods
  - Run
    - Determine if you plan to use a “special needs” bag and what it will contain
      - Extra drink
      - Gels/blocks/etc.
      - Special treats (frozen bite-sized candy bars, PB&J, etc.)
    - Consider changing flavors of drink to avoid “flavor fatigue”
- After:
  - Have your support crew have your recovery meal ready when you cross the line so you do not have to wait for transition to open