

PRE-RACE DAY + RACE DAY NUTRITION & FLUID PLAN

→ Print and fill in your race week plan now!

	3 days before	2 days before	Day before		Race Day
Breakfast	A larger focus on complex carbs, with some protein. _____ _____ _____	A larger focus on complex carbs, with some protein. _____ _____ _____	A larger focus on complex carbs, with some protein. _____ _____ _____	Breakfast The same you would have before a big training session.	_____ _____ _____
Lunch	A larger focus on complex carbs, with some protein and non-starchy veges. _____ _____ _____	A larger focus on complex carbs, with some protein and non-starchy veges. _____ _____ _____	A larger focus on complex carbs, with some protein and non-starchy veges. _____ _____ _____	During Every 45 min! Manageable food and/or gels. If your race is over 3 hours, you will need food as well as gels. Gels ONLY if you have trained with them.	_____ _____ _____ _____ _____ _____
Dinner	A larger focus on complex carbs, with some protein and non-starchy veges. _____ _____ _____	A larger focus on complex carbs, with some protein and non-starchy veges. _____ _____ _____	A good balanced meal of some complex carbs, protein, and greens. _____ _____ _____	Fluids Continually sipping water throughout. Thinking about electrolyte too ONLY if you have used during training. How much you need/ check aid stations.	_____ _____ _____ _____ _____
Fluids	3-4 L of water. You may need 1-2 bottles of diluted electrolyte if soaring temps.	3-4 L of water. You may need 1-2 bottles of diluted electrolyte if soaring temps.	3-4 L of water. You may need 1-2 bottles of diluted electrolyte if soaring temps.		

FOOD CATEGORIES AND IDEAS!

<u>Protein</u>	<u>Complex carbs</u>	<u>Non-starchy veges</u>	<u>Food during race</u>
<ul style="list-style-type: none"> • Meat • Fish • Milk • Nuts • Yoghurt • Cheese • Eggs • legumes 	<ul style="list-style-type: none"> • Kumara • Banana, apple, berries • Oats • Brown rice • Brown pasta • Grainy bread/ crackers • Lentils, pulses, chickpeas, beans, quinoa • Potatoes • Pumpkin • Parsnip 	<ul style="list-style-type: none"> • Spinach • Salad mix • Tomatoes • Carrots • Capsicum • Cucumber • Corn 	<p>Sandwiches</p> <p>Scones</p> <p>Cold pizza</p> <p>Bacon and egg pie</p> <p>Potatoes with butter and salt</p> <p>Sausage rolls</p> <p>Raspberry buns</p> <p>Crackers and cheese</p> <p>Potato chips</p> <p>Salami sticks</p> <p>Muesli bars</p> <p>Scroggins mix</p> <p>Salted nuts</p> <p>Chocolate covered coffee beans.</p> <p>Gummy lollies</p> <p>Gels - if you have used</p> <p>Baby fruit pouches</p> <p>Bananas / quartered oranges</p>

PRE-RACE DAY MEAL IDEAS

- Sushi bowls
- Pasta salad with pesto and veges, protein and cheese
- Stir fry with rice or noodles.
- Curry and rice
- Falafel
- Spaghetti Bolognese
- Muesli, yoghurt, and fruit/ overnight oats/ chia seed pudding
- Roasted vegetable tray with feta and crushed nuts.