



TOP TIPS

Well-balanced meals containing complex carbs, protein & vegetables/fruits. This is important to ensure you recover from training & fuel racing.

Stay hydrated: sip little & often throughout the day. Add a pinch of salt to main meals & use an electrotab if it is hot/humid & sweat rates are high.

Consider your training volume.

Add a morning &/or afternoon carb/protein snack.

Eat familiar foods.

Be aware of the effects of emotions/nerves on appetite.

A practical example:

2-4h pre (depending on digestion time)

30 - 60 min: Pre race

<60 mins: Carbs are King!

60 - 90 min: Fuel & Fluids

>90 mins: Eat a meal

- ✓ Drink (500 ml fluid)
- ✓ Eat a familiar carbohydrate (CHO) rich meal with small amounts of protein, and minimal fat and fibre.
- ✓ Porridge with banana and honey. Cereal, milk & fruit. Eggs & veggies on bagel/toast.

- ✓ Sip fluids
- ✓ Consider a CHO snack to boost energy, such as Peanut Butter & jam/banana sandwich, malt loaf, dried fruit & nuts, cereal bar, flapjack.
- ✓ Alternative... small sips/mouth rinsing CHO..

- ✓ Get simple CHO in asap post-race to recover & fuel your next race.
- ✓ Sip small amounts of fluid.
- ✓ e.g. Gel, isotonic sports drink, homemade flapjack, banana bread, jelly babies, dried fruit, banana & electrolyte drink..

- ✓ Eat something larger & more substantial. (individual digestion will determine type & timing).
- ✓ Aim for CHO rich options with small amounts of protein & fruit/veg.
- ✓ E.g. Lean meat/fish/cheese & salad roll. Milkshake & cereal bar. Chicken & veg couscous.

- ✓ Try to eat a well balanced meal including CHO, protein, fat& fruit/veg.
- ✓ e.g. Soup & a sandwich. Tuna pasta. Chicken noodles. Beef stir-fry & rice.

Breakfast

Snack

Meal

Snack

Recovery

Meal

Pre-bed



08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

