



RACE DAY NUTRITION PLAN

USE THIS TEMPLATE TO PLAN OUT YOUR NUTRITION FOR RACE DAY
SO YOU CAN BE YOUR PERSONAL BEST!

LEAD UP

CARBS
HYDRATION
REGULAR EATING
DO YOU NEED TO CARB LOAD?

2-4 HOURS | PRIMER

BREAKFAST:

FLUIDS:
CAFFEINE?

30-60 MINS | TOP UP

A LITTLE MORE CARBS TO TOP UP AND
GET THE MIND FOCUSED

OPTIONS: SPORTS DRINK,
GEL, LOLLIES, BANANA, BAR

DURING = GOALS

CARBS PER HOUR:

MY FLUID LOSS IS:

>BIKE:

>RUN:

DURING = OPTIONS

SPORTS DRINK:

GELS:

BARs:

WHOLEFOODS:

LOLLIES:

PAIN RELIEF & CAFFEINE:

BACK UP OPTIONS ALWAYS!

FLUIDS PER HOUR (85-95%
OF LOSSES):

SODIUM PER HOUR: