



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 | FUEL UP

BREAKFAST/ MEAL:

FLUIDS:
CAFFEINE?

30-60 MINS | PRIMER

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

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

DURING = GOALS

CARBS PER HOUR:

MY FLUID LOSS IS:

>BIKE:

>RUN:

DURING = FUEL IDEAS

SPORTS DRINK:

GELS:

BARs:

WHOLEFOODS:

LOLLIES:

PAIN RELIEF & CAFFEINE:

CRAMP RELIEF:

FLUIDS PER HOUR (50-70%
OF LOSSES):

SODIUM PER HOUR (20-50%
OF LOSSES):

BACK UP OPTIONS ALWAYS!