

Race Day Nutrition: Before, During and After

Pre-Game Guidelines:

Goal:

- Do not enter a race, practice, or workout on an empty stomach. Just as car's do not run on an empty tank, our body needs fuel.
- Increase "muscle fuel" (glycogen) by consuming carbohydrates.
- Include protein in small amounts to aid in building and repairing muscles.

Timing:

- 3-4 hours before the race is the ideal time to consume your high carbohydrate meal. This should be a full meal, not a snack. (3g carb/kg body weight)
- 30-60 minutes prior to start should include another small snack or sports drink. (0.5-1g carb/kg)

Food Suggestions:

3-4hrs prior

- Peanut butter + honey + banana sandwich, Instant breakfast drink
- Turkey and Swiss sub sandwich, pretzels, fruit
- Spaghetti with turkey meat sauce and broccoli, roll

30-60min prior

- Sports drink
- Sport gel, gummies, or bar
- Cereal bar or fig bars

During-Game Guidelines:

Goal:

- Stay hydrated! Knowing your sweat rate is key to maintaining fluid balance and prevent cramps and dehydration (see left).
- Replacing "muscle fuel" (glycogen) or through carbohydrates for optimal performance.

Timing:

- Every 15-20 minutes 4-8oz fluids should be consumed.
- Events lasting longer than 90 minutes should add 30-60g carbohydrates every 60 minutes
- Take advantage of rest stops or breaks in exercise to fuel

Food Suggestions:

- Water is adequate for short periods of time or when sweat rates are low.
- Sports drinks
- Easily digested carbohydrate rich foods during prolonged exercise (banana, sport gels, bars, gummies, or dried fruit)

Post-Game Guidelines:

Goal:

- Restore fluids and electrolytes lost through sweat.
- Replacing "muscle fuel" (glycogen) and repair muscles through carbohydrates and protein.

Timing:

- It is crucial to feed the muscles, either a meal or small snack, 30-60 minutes after exercise. If a snack is consumed, it should be followed by a meal in <2hrs. 3:1 carb/protein ratio is goal.

Food Suggestions:

- Fruit smoothie, sports bar, low fat chocolate milk, or graham crackers and peanut butter - SNACKS
- Stir-fry, Chicken and veg. pasta, Fish/sweet potato/vegetable, or Wheat tortilla/bean/rice/veg burrito-MEALS

Sweat Rate CALCULATOR:

STEP 1: Weigh with minimal clothing before activity.

STEP 2: Weigh with minimal clothing after activity and subtract pounds (lbs) lost.

STEP 3: Convert lbs to oz and add total oz consumed during activity to achieve total ounces lost. (1lb = 16oz)

STEP 4: Divide by hours of activity to get hourly sweat rate.

EX: 120lb prior—118lb post = 2lbs (32oz) lost
32oz + 24 consumed during = 56oz total
56oz/2hr practice = 28oz/hr

