

The 4 Keys to Race Day Nutrition

“FUEL UP” “TOP OFF” “RELOAD” “REFUEL”

Why? Inadequate nutrition =



ENERGY, SPEED, GROUND COVERED, PERFORMANCE

Don't let nutrition stand in your way! Make a fueling plan.

In addition to everyday fueling, a winning game day nutrition plan can be broken down into 4 parts:

1. **“FUEL UP”** with your pre-game meal 3-4 hours before your meet. This should be your largest meal. It ensures fuel stores to power you through the game and allows adequate time for digestion. Try wholesome carbohydrates, lean protein, fruit/juice and healthy fat. About 2/3 of your plate should come from carbohydrates.
2. **“TOP OFF”** with a snack about 1-2 hours before your race. This snack should be carbohydrate based and simply tops off your already full fuel stores. Remember to always pick something familiar and easy to digest. Often a granola bar and fruit with Gatorade are good choices.
3. **“RELOAD”** during the meet and between races with carbs, electrolytes and fluid to power through multiple races. A small snack between races can help delay fatigue in later races. Try Gatorade, granola bars, and sports gels to see what works best for you.
4. **“REFUEL”** immediately after the meet with a mixture of carbohydrate and protein. This recovery snack begins to replenish your fuel stores and repair damaged tissue. Always follow up with an additional meal 1 hour after your immediate recovery snack. Try Myoplex Lite Shakes with fruit and Gatorade to maximize recovery. Or it may be as simple as chocolate milk and fruit.



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“FUEL UP”

“FUEL UP” and hydrate with a pre-race meal 3-4 hours prior to your meet.

Meet Time	“FUEL UP” Time
1:00pm	Between 9:00am & 10:00am
4:00pm	Between 12:00pm & 1:00pm
7:00pm	Between 3:00pm & 4:00pm

This should be your largest meal, to provide sustainable energy, and allow for adequate digestion. Never try anything new on race day!

Weight of Athlete	Calories Needed to “FUEL UP”
145 pounds	800—1100 kcal
165 pounds	900—1200 kcal
185 pounds	1000—1300 kcal
200 pounds	1100—1400 kcal

The meal should consist primarily of wholesome carbohydrate and fruit/juices for fuel, a moderate amount of lean protein for maintenance of lean body mass, and small amounts of healthy fat for sustainability. 2/3 of your plate should be carbohydrates.

Carbohydrate	Protein –Limit	Fat—Limit
Bread	Lean beef	Peanuts
Bagels	Skinless turkey	Almonds
Kashi cereal	Skinless chicken breast	Walnuts
Rice	Fish	Sunflower seeds
Pasta	Tofu	Pumpkin seeds
Fruit	Low fat milk	Olive oil
100% Fruit juice	Low fat cottage cheese	Olives
Sport drinks	Low fat yogurt	Avocado
Baked potato		Natural peanut butter
Sweet potato		Almond butter



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“FUEL UP”

Try one of the following meals or create your own using healthy choices!

1000 kcal Pasta Meal	1200 kcal Pasta Meal	1300 kcal Pasta Meal	1400 kcal Pasta Meal
2 cups pasta (2 fists) Marinara Sauce 1 whole wheat bread sticks 6 oz Chicken Breast 1c melon 20 oz sports drink	2 cups pasta (2 fists) Marinara Sauce 2 whole wheat bread sticks 6 oz Chicken Breast 2c melon 20 oz sports drink	2.5 cups pasta (2.5 fists) Marinara Sauce 3 whole wheat bread sticks 6 oz Chicken Breast 1c melon 20 oz sports drink	3 cups pasta (3 fists) Marinara Sauce 3 whole wheat bread sticks 6 oz Chicken Breast 1c melon 20 oz sports drink

1000 kcal Sandwich Meal	1200 kcal Sandwich Meal	1300 kcal Sandwich Meal	1400 kcal Sandwich Meal
4 slices whole wheat bread 6oz lean deli meat 1oz cheese 3/4c watermelon 20 oz sports drink	4 slices whole wheat bread 6oz lean deli meat 1oz cheese 22 baked chips 1c watermelon 20 oz sports drink	4 slices whole wheat bread 6oz lean deli meat 1oz cheese 33 baked chips 1.5c watermelon 20oz sports drink	4 slices whole wheat bread 6oz lean deli meat 1oz cheese 44 baked chips 1.5c watermelon 20oz sports drink

1000 kcal Breakfast Meal	1200 kcal Breakfast Meal	1300 kcal Breakfast Meal	1400 kcal Breakfast Meal
2 cups Kashi cereal 8oz skim milk 4 scrambled egg whites w/ olive oil 1 slices whole wheat toast 14 grapes 20oz sports drink	2 cups Kashi cereal 8oz skim milk 4 scrambled egg whites w/ olive oil 3oz deli ham 2 slices whole wheat toast 14 grapes, 6oz Juice 20oz sports drink	2.5 cups Kashi cereal 8oz skim milk 4 scrambled egg whites w/ olive oil 3oz deli ham 3 slices whole wheat toast 14 grapes 20oz sports drink	3 cups Kashi cereal 8oz skim milk 4 scrambled egg whites w/ olive oil 3oz deli ham 3 slices whole wheat bread 14 grapes 20oz sports drink



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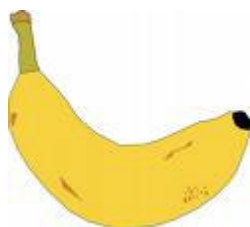
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“TOP OFF”

“TOP OFF” with a smaller, carbohydrate based snack about 1-2 hours before the race.

Game Time	“TOP OFF” Time
1:00pm	11:00am-12:00pm
4:00pm	2:00pm -3:00pm
7:00pm	5:00pm - 6:00pm

Remember to keep this meal small, familiar and easy to digest. A nutrition bar paired with fruit or a sports drink is a great fit.



If you are in the mood for whole food, try one of the following:

PB & J	Sandwich meal	Smoothie	Breakfast meal
2 Slices Whole Wheat Bread Peanut Butter Jam 1 piece of fruit 8 oz Sports Drink 16 oz Water	2 Slices Whole Wheat Bread 3 oz deli meat 1 piece of fruit 16 oz Sports Drink 8 oz Water	8oz Low fat yogurt 1c Frozen fruit 1 Tbsp Peanut butter 8oz Fruit Juice 16oz water	1c Kashi cereal 8oz skim milk 1 piece fruit 8oz sports drink 16oz water



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“RELOAD”

“Reload” and hydrate during the meet and in between races with carbs, electrolytes and fluid to power through the multiple events. Aim for 30—60g of Carbohydrates per hour. In a sports drink look for 110 mg sodium and 14g Carbs per 8 oz. A small snack at between races can help **delay fatigue** later on in the meet and make sure your performance is optimal!

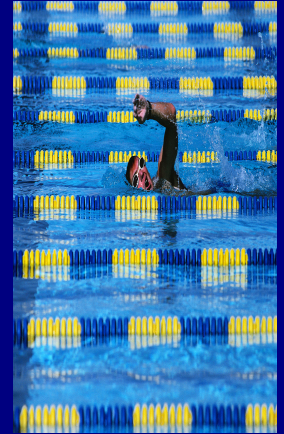
Remember to keep this snack, small, familiar, and easy to digest. As with all food on race day, this snack should be practiced to determine what works best for you!

1. Ideas generally available in the locker room:

- Gatorade or Gatorade Endurance (crampers)
- Fruit (banana, grapes) + Water or Gatorade
- 1/2-1 Clif bar + Water or Gatorade
- 1/2-1 Powerade Recovery bar + Water or Gatorade

2. Ideas you can pack on your own:

- Sport Beans + Water
- Amino Vital Endurance + Water
- Gels or GU + Water
- Broth based soup (cold weather games)
- All fruit popsicles (hot weather games)
- Whole food (1/2 sandwich) + Water...If you have a large appetite.



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“REFUEL”

“REFUEL” with carbohydrate and protein immediately after your meet to enhance recovery. To meet your needs, aim for .9—1.2g/kg of Carbs and .3g/kg of Protein

Meet Time	“REFUEL” Time
1:00pm	~3:00pm
4:00pm	~6:00pm
7:00pm	~9:00pm

Timing is essential for optimal recovery! Have it before you hit the showers. A Myoplex/Gatorade shake or chocolate milk paired with a source of carbohydrates, such as fruit or a sports drink, will provide the optimal nutrients to refuel and repair your body from the rigors of the race.

Weight of Athlete	“REFUEL” with:
145 pounds 60-80g Carbs:20g Prot	20 oz chocolate milk +1banana + 10 oz of Sports Drink
165 pounds 68-90g Carbs:23g Prot	22 oz chocolate milk + 1 banana + 20 oz sports drink
185pounds 75-100g Carbs:25g Prot	23 oz chocolate milk + 1.5 bananas + 20 oz sports drink
200 pounds 81-110g Carbs:27g Prot	25 oz chocolate milk + 2 bananas + 2oz sports drink

Always follow your immediate recovery snack with a balanced meal ~1 hour later. This meal should contain wholesome carbohydrates, lean protein, healthy fats and colorful fruits or vegetables .Avoid heavy fried foods which can impede recovery.



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