

PRE-RACE NUTRITION AND POST-RACE RECOVERY

PRE-RACE NUTRITION

2-4 hours before: Eat a balanced/nutritious meal to allow adequate time to digest plus 2 cups of water.

2 hours before: Eat a turkey sandwich or peanut butter w/ banana sandwich, or fruit smoothie plus 2 cup of water.

1 hour or less: half of a plain bagel, granola bar, 1 cup of low fiber cereal, fruit and 1 cups of water

Within 1 hour of race day: Gel or Gummies to top off your glycogen levels prior to racing. (30-45min before race time)

Hydrate with water and/or sports drink but don't drink too much 1hr before the race. The best hydration is done many hours before your race and even days before (use the color test of your pee to assess your hydration level- clear to light lemonade color)

POST-RACE NUTRITION

Receiving proper nutrients and rest allows the body to recover from workouts and helps to cut down on the frequency of illnesses. The soon nutritious food is put in the body the sooner the body can go to work in beginning the recovery process.

The first 30minutes after a workout/race is the optimal time to refuel.

Then within 1 hour of the race is next best.

Research suggests a 3:1 ratio for carbohydrates to protein.

20-30grams of carbohydrates and 8-10 grams of protein

Energy Bar (Cliff Bar, Power Bar, etc) with 8-20grams of protein and an apple.

Or one cup of low fat milk and a cup of cereal

3oz. turkey sandwich on whole wheat bread

AND 2-3 cups of water.

After most workouts and races the team often Gatorade, Endurox, and/or Chocolate milk to help the athletes quickly refill their tanks. This does not serve as a dinner it is just a quick start to the recovery process.

And finally a full meal should be eaten within 2 hours of a hard workout/race. The meal should include protein, carbohydrates, fruits/vegetables, and more water (2 cups of water or more). The meal should have all the colors of the rainbow and lots of fruits/vegetables.