

1-4 DAYS BEFORE THE RACE

WHAT AND WHEN TO EAT

- Carbohydrate-loading: Eating a large amount of carbohydrates (about 8-10g per kg of bodyweight per day (for 2-3 days).
- Use of compact sources of carbohydrate such as sports drinks, soft drinks, high CHO gels, jellybeans etc.

HALF MARATHON RUNNERS

- Critical to consume an adequate carbohydrate in the meal prior to a race.

MARATHON RUNNERS

- More aggressive with their intake of fuel before and during the race.
- Carbohydrate-loading + carbohydrate-rich meal prior to the race.

HOURS BEFORE THE RACE

START HYDRATED

- Start hydrating 24 hours prior to your run/race.

AT LEAST 4 HOURS BEFORE

- **Slow consumption of 5-7ml of fluid per kilogram** of bodyweight (ml/kg BW).

ABOUT 2 HOURS BEFORE

- If the individual does not produce urine, or the urine is dark, then more fluid should be consumed (e.g. 3-5ml/kg per BW).

WHAT AND WHEN TO EAT

- **Consume 1-4 g/kg BW of carbohydrate.** (approximately 70-280 g for a 70 kg individual).
- Foods rich in carbohydrates and low in fat, fibre and protein (e.g. cereals, bread, rice, pasta and potatoes).
- Liquid meal supplements provide a compact and quickly digested alternative to solid food.

DURING THE RACE

STAY HYDRATED AND FUELLED

- Opportunities to have regular access to fuel and fluids (refuelling stations along the race route).
- Aim for 150ml every 10-15 minutes.
- **Isotonic sports drinks are the preferred drinks for exercise** (~ 1 hour or greater). Especially in hot and humid conditions.
- **Consume 30-60g of carbohydrate per hour (g/h) in small feedings every 10-30 minutes, or as allowed by the event.**
- Carbohydrate choices providing approximately 30g of carbs:
 - 750ml of Powerade ION4
 - ~ 1 sachet of sports gel
 - ~ 1 sports bar
 - 35-40g candy/ jellybeans

AFTER THE RACE

RECOVERY NEEDS TO START AS SOON AS YOU FINISH

- Rehydration should start soon after the race to replace any fluid and mineral losses.
- **Aim to drink about 1.2-1.5 Litres of fluid for every 1kg of bodyweight lost during exercise** as sweat. To calculate this, simply weigh yourself before and after a training session.
- Ideally you'll drink 150% of the fluid you've lost during a session in the hours after.
- Carbohydrate consumption should begin **immediately**.
- To start your muscle recovery, consume foods/fluids with carbohydrates and protein within first 60 minutes after the race.
- Sports drinks, protein bars and recovery shakes make convenient and portable recovery foods.

