

RACE NUTRITION PLAN

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MARATHON 2006

PERFECT PRACTICE – one month to go

Many athletes place so much emphasis on training that they overlook race practice in preparation for an event. Try to consider all aspects of your preparation, including nutrition, so that your best performances are not left on the training track.

Nutrition tips for final month before race

1. Use sports drinks and / or gels plus water during long runs at least once a week in the month prior to your main race.
2. ...
3.
4.

PRE RACE – 3 to 4 days to go

Drink extra fluids (say an additional litre of water per day) and top up with sports drink, using a combination of water and sports drink throughout the day.

SPECIFIC POINTS: Try to increase carbohydrate by xxxx% four days prior to competition by:

- Lowering consumption of XYZ
- Switching to ABC from DEF
- Cutting back to 000% of normal vegetable and salad consumption

ASSESSMENT:

Current daily carbohydrate consumption is XXX grams per day. Aim to increase to XXX grams for four days prior to race by using YYY grams of carbohydrate at each meal and ZZZ grams of carbohydrate between meals and as supper. See below for ideas and suggestions.

You need: ...ml of fluid each hour of the marathon

SPECIFIC POINTS:	...ml sports drink	= ml fluid
	...ml water	= ml fluid
	Total fluids	= litres

ASSESSMENT: This total is relative to ideal intake. Practice measuring out ...ml in a cup so you know how much you need each time your drink hour and how hard or easy this is to drink on the run.

AVOIDING CRAMP

If you have problems with stomach cramps during races, the cause may be:

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To overcome cramp,..... You are less likely to be affected if you follow your nutrition plan closely.

POST RACE

The two nutrition priorities after a big race are rehydration and glycogen replacement. Endurance athletes are well aware of the need to replace fluids, but carbohydrate consumption is equally important after training or racing as you will have depleted muscles of glycogen and the only way to refuel them is to eat (or drink) carbohydrates.

Many athletes suffer unnecessary fatigue for days after an event simply because they haven't refueled their muscles. Inadequate carbohydrate consumption, in combination with muscle fibre damage, may delay muscle glycogen repletion for up to a week, resulting in poor training performance, fatigue and lethargy.

Sugars are equally as effective as traditional carbohydrate foods in restoring glycogen stores immediately after an endurance event. Aim to consume about 50 grams of carbohydrate within an hour of your training session. This could come from either of these choices: 800ml of sports drink or 500ml of fruit juice or 2 slices thick toast with jam or honey or 2 breakfast bars or 3 pieces of fruit (or a combination of these).

Once you have recovered it is advisable to sit down to a carbohydrate rich meal to further boost your glycogen stores. It is important that you begin reloading immediately following the session because this enables the body to resynthesise glycogen twice as quickly as when feeding is delayed for more than two hours.

If you put these ideas into practice, you will undoubtedly recover faster and therefore be able to train more consistently between races, which add up to better performances. Train hard, race smart and RECOVER well, you will notice the difference!