

RACE DAY

Race Day

WHAT YOU NEED TO KNOW TO:

- Prepare successfully for competing.
- Stay fueled and hydrated.
- Recover optimally.

When it comes to performing at your best, there's much more to competing than the event itself. There are three phases to any athletic event (before, during and after) and sports nutrition plays a key role in all of them.

Achieving your personal best during an event requires preparation both in terms of training and nourishing your body.

PREPARATION IS POWER

- **Optimize Fuel Stores:** Starting three to four days before the event, consider a carb-loading protocol.
- **Determine ahead of time the number and location of aid stations on the course to refuel/rehydrate.**
- **Hydrate:** Urine should be light colored (like lemonade). Drink an extra 16 ounces of fluid two to three hours before the start.
- **Practice:** Stay within established guidelines of your pre-race meal and snacks for one to four hours prior to the event. This is not the time to experiment with new foods or drinks.



STAYING FUELED AND HYDRATED

- During training, you perfected your fueling and hydration protocol. Stay on track. Utilize convenient, portable items such as water bottles, gels and bars if you've trained with them.
- On race day, consider weather conditions. If it's hot or humid, opt for getting your carbohydrates primarily from fluids.
- Base your fluid intake rate on what you've learned and practiced in training. During the event, start drinking immediately and repeat at 15 to 20-minute intervals throughout. Take advantage of a well-designed sports drink because it delivers fluid and fuel simultaneously.
- Consume in the range of 30 to 60 grams of carbs per hour to help delay fatigue.

RECOVER OPTIMALLY

- Begin muscle recovery and fuel replenishment with a combination of carbs and protein as soon as possible after crossing the finish line.
- Remember that rehydration requires 16 to 24 ounces of fluid per pound lost during the event, and sodium helps to retain these fluids. Replenish your sodium early with a sports drink or salty snack.



SAMPLE MALE CARBS – FLUID RECOMMENDATIONS

MALE ATHLETE

HEIGHT: 6'1"
WEIGHT: 178 LB
AGE: 25
EVENT: FULL MARATHON
TIME: 3:05:00
PER-HOUR GOAL: 45 TO 60 GRAMS CARB, 30 OUNCES OF FLUID

SEE EVENT NUTRITION PLANNER TO PERSONALIZE

**1ST HOUR (0-60 MINUTES): 42 GRAMS CARB,
30 OUNCES FLUID**

20 MIN	10 oz POWERBAR® ENDURANCE SPORT DRINK = 21 g CARB
40 MIN	10 oz POWERBAR® ENDURANCE SPORT DRINK = 21 g CARB
60 MIN	10 oz WATER

**2ND HOUR (60-120 MINUTES): 64 GRAMS CARB,
38 OUNCES FLUID**

20 MIN	POWERBAR® GEL = 26 g CARB, 10 oz WATER
40 MIN	8 oz POWERBAR® ENDURANCE SPORT DRINK = 17 g CARB
60 MIN	10 oz POWERBAR® ENDURANCE SPORT DRINK = 21 g CARB

**3RD HOUR (120-180 MINUTES): 64 GRAMS CARB,
30 OUNCES FLUID**

20 MIN	½ POWERBAR® PERFORMANCE ENERGY BAR = 22.5 g CARB, 10 oz WATER
40 MIN	10 oz POWERBAR® ENDURANCE SPORT DRINK = 21 g CARB
60 MIN	10 oz POWERBAR® ENDURANCE SPORT DRINK = 21 g CARB



SAMPLE FEMALE CARBS - FLUID RECOMMENDATIONS

FEMALE ATHLETE

HEIGHT: 5'4"
 WEIGHT: 120 LB, 54.5 KG
 AGE: 25
 EVENT: FULL MARATHON
 TIME: 3:37:00
 PER-HOUR GOAL: 30 TO 50 GRAMS CARB, 24 OUNCES OF FLUID

SEE EVENT NUTRITION PLANNER TO PERSONALIZE

**1ST HOUR (0-60 MINUTES): 51 GRAMS CARB,
24 OUNCES FLUID**

20 MIN	8 oz POWERBAR® ENDURANCE SPORT DRINK = 17 g CARB
40 MIN	8 oz POWERBAR® ENDURANCE SPORT DRINK = 17 g CARB
60 MIN	8 oz POWERBAR® ENDURANCE SPORT DRINK = 17 g CARB

**2ND HOUR (60-120 MINUTES): 43 GRAMS CARB,
24 OUNCES FLUID**

20 MIN	POWERBAR® GEL = 26 g CARB, 8 oz WATER
40 MIN	8 oz POWERBAR® ENDURANCE SPORT DRINK = 17 g CARB
60 MIN	8 oz WATER

**3RD HOUR (120-180 MINUTES): 54 GRAMS CARB,
24 OUNCES FLUID**

20 MIN	FIG BAR (2) = 20 g CARB, 8 oz WATER
40 MIN	8 oz POWERBAR® ENDURANCE SPORT DRINK = 17 g CARB
60 MIN	8 oz POWERBAR® ENDURANCE SPORT DRINK = 17 g CARB

FINAL HOUR

CONTINUE DRINKING EVERY 15 MINUTES PER INSTRUCTIONS FOR HOUR 3 UNTIL RACE IS COMPLETED



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