

Race Week Nutrition: WhistleStop

There are many things to consider for pre-race nutrition such as the length of your event, environmental conditions, and your specific likes and dislikes, but a couple of facts remain the same.

Here are some race week tips to optimize your performance:

1 week before (October 2):

Adequate fueling the week before the race is vital. Poor nutrition can cause poorly fueled muscles, which can then cause fatigue.

- If you haven't already, start to taper and reduce your training load. Running hard or extra miles will not help you at this point, it will cause exhaustion.
- Stick with familiar foods and drinks. One week before the race is not time to try something new.
- Avoid processed foods, fast food, junk food, refined sugars and excess oils.
- Avoid sugar substitutes or sugar alcohols, such as sorbitol and mannitol as they could cause diarrhea. Some examples include: Sugar-free gum, diabetic or sugar-free candy, soft drinks, or any diet or light beverages.
- Limit alcohol.
- Try to make an effort to increase water intake and maintain adequate hydration. How much should you drink? Fluid needs can vary, depending on race day environmental conditions and your hydration routine. Try to aim for 10-12 cups of water and sports drink combined.

2-4 days before (October 5-7):

Continue to limit training and start to increase your carbohydrate intake.

- Start to add more carbohydrates at meals, such as fruit, milk, yogurt, milk, rice, pasta, bread, etc.
- Do you have stomach issues? Consider trying to decrease total fiber intake to ensure your GI system agrees with you on race day and you will not have to stop at every porta-potty on the course!
- Start to limit fresh fruits, vegetables, beans, lentils, nuts and seeds, and fiber enriched products.



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1 Day Before (October 8):

Foods to avoid at least 24 hours before a race:

- Cruciferous veggies (broccoli, cauliflower, Brussels sprouts)
- High-fat cheese
- Bran cereals
- Sugar-free or “diet” snacks and beverages
- Deep-fried foods
- Fatty meats

Eat your largest meal in the **middle** of the day, consisting of high carbohydrates and moderate amounts of protein and fat.

Examples include:

- ◇ Spaghetti with sauce/meatballs, side salad + water
- ◇ Chicken burrito with beans/rice + water
- ◇ Turkey wrap, pretzels, carrots dipped in hummus, small apple + water

Dinner: Eat a moderate amount of protein and carbohydrates, low in fat. Some examples:

- Grilled Salmon + steamed quinoa + green beans + water
- Baked pork chop + brown rice + spinach salad + water
- Chicken breast + baked potato (or baked sweet potato) + mixed vegetable blend + water

Hydrate!

The Morning Of:

- * Drink plenty of fluids
- * Choose a light and high carbohydrate breakfast (2-3 hours prior), such as:
 - ⇒ Cereal and toast
 - ⇒ Pancakes with jam or syrup
 - ⇒ Bagel with peanut butter
 - ⇒ Granola bar

30-60 minutes before the race topping up with a high carb snack will ensure energy stores are maximized.

- * If gut tolerance is an issue, try an energy gel or sports drink in addition to 500ml of fluid to ensure maximum hydration at the start.

Note: Each person is different and you must find what works best for you.