



# FUELING YOUR RACE

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# AGENDA

- Tips for training
- How to fuel prior to your event
- How to fuel during your event
- How to fuel after you event
- The importance of hydration

# ENDURANCE

- Endurance events can be running, biking, swimming, or a combination of all of these
- Any exercise that lasts longer than an hour is considered an endurance event
- Fueling for these events is crucial

# TRAINING TIPS

- Whatever event you have chosen, it's important to take training seriously!
  - Prevent injury, burn out, and will help you feel prepared for race day
  - 5k, 10k, half marathon, full marathon, triathlon, century ride, etc
- Find a plan that works for your schedule and abilities
  - Stick to it as best you can!
  - Training for races helps build up your muscle strength, cardiovascular strength, and even your joints
- During training it is also very important to be practicing your fueling regimen!
  - If something doesn't work on a training event, tweak it so it is near flawless on race day

# TRAINING TIPS

- Rest days are also important – Take them!
  - This allows your body to recover and refresh for the next training day
- Incorporate cross training and strength training when you can
- If you're feeling sluggish during your training rides, you might need to fuel more!
  - Keeping a journal of your training sessions and what you're eating is important
  - It can help you see that you are over/under fueling, if you crashed during a run, etc
- You might notice your appetite has increased during this training season
  - This is normal! Listen to your body and don't be afraid to increase what you're eating

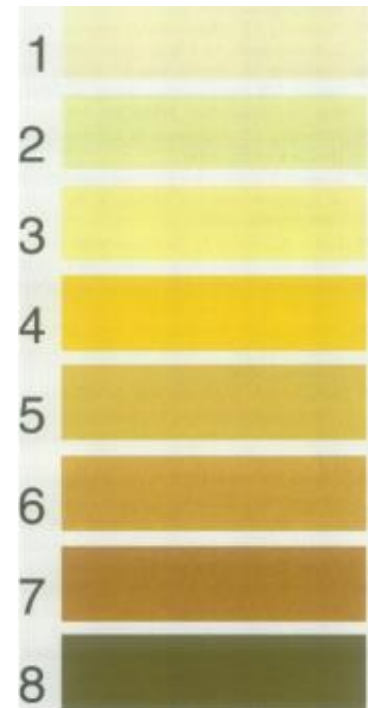
# THE NIGHT BEFORE

- The night before eat a well-balanced meal
  - $\frac{1}{2}$  fruits and vegetables
  - $\frac{1}{4}$  grain
  - $\frac{1}{4}$  lean proteins
- Avoid new foods, spicy foods, or fatty foods – these could cause GI upset the next day
- Hydrate, hydrate, hydrate



# HYDRATION – PRE EVENT

- Focus on hydrating the days leading up to your event
- General rule of thumb – clear urine.
- If you're hydrated the day before a race, you won't have to play catch up the day of
- The morning of your event, drink a glass of water immediately upon waking up, and sips every 15-20 minutes after that



# THE MORNING OF

- The morning of race day, aim to eat a full meal 90-120 minutes prior to the start of the race
  - A meal with whole grains, some protein and fat
  - A whole wheat bagel with peanut butter
  - Bowl of oatmeal with nut butter mixed in, flax seed on top
  - Egg and cheese sandwich on whole wheat toast
- Don't over do it with foods here! This can cause GI upset throughout the race
- Also, play with different foods beforehand, everyone is different!
  - You'll know what sits best with your stomach





# DURING THE EVENT

- For every 60 minutes of training, you need to have 30-60 grams of carbohydrates
  - If you know you will be going for a long time, start fueling after 30 minutes
  - Waiting until an hour has passed means your fuel tank is empty and there's no going back
- Quick digesting, minimal fat and protein
  - These can cause GI upset
- Eat/drink your fuel slowly over the course of 20 minutes to help improve digestion

# DURING THE EVENT

- Fueling ideas
  - Gels – these generally have around the recommended carb amount
  - Bars – Research options here. Find one that has 30-60 grams of carbs
  - Drinks
  - Energy bites – a good option for someone who needs to eat these slowly
  - Homemade items
    - Dates with nut butters, bananas, homemade bars and bites, etc
  - gummi bears and marshmallows

# DURING THE EVENT

- Research what will be available on the race route
  - Distance between aid stations, options, etc
  - Know going into the event!
- Start with these products and see how they work for you
- If these don't work, then try other products

# DURING THE EVENT



# HYDRATION - DURING

- Hydration will always be variable among people
  - Depends on many factors, including temperature
- Start with 16-20 ounces of water/fluid per hour
  - Adjust this based on your individualized needs
- Include electrolytes in your fluids to replace what is lost through sweat
  - Sodium, chloride, potassium, calcium, magnesium, phosphate



# HYDRATION – DURING

- During exercise, shoot to take a sip from your bottle every 10-15 minutes starting after 15 minutes of exercise
  - This ensures you stay hydrated throughout your entire event
- This also makes sure you don't feel “sloshing” of fluids in your stomach because you drank too much fluids in one sitting

# POST EVENT

- Congratulations, you made it!
  - This does not mean you have a free pass to eat whatever you want
  - Replenishing your muscles and glycogen stores are crucial
- Aim to eat something upon completion of the race, ideally a full meal
  - If unable to eat a meal, grab a snack and shoot to eat a full meal within 2 hours
- Hydrate, hydrate, hydrate

# POST EVENT

- What to eat after a race?
  - A well-balanced diet
  - Complex carbohydrates to replenish stores
  - Lean proteins for muscle building
  - ½ fruits and vegetables
  - ¼ whole grains
  - ¼ lean proteins



# HYDRATION

- For a more exact way to measure fluid needs:
  - Weigh yourself immediately before a long ride/run
  - Weigh yourself immediately after completion of long ride/run
  - Factor in the amount of water you consumed during exercise
  - Then for every 2.2 kg loss, you should drink 1 liter of fluids

# TAKEAWAYS

- Fueling is key to a successful event
- Do NOT try out your fueling and hydration plan the day of the event!
  - Practice what you think you want to do on your long rides/runs leading up to the event
- Hydrate, hydrate, hydrate!



**THANK YOU!**

QUESTIONS?

