PUTTING IT ALL TOGETHER:
MAXIMIZING ENERGY FOR THE BIG RACE

Stick to eating those carbohydrates that worked for you.

LOW-FAT PROTEINS
It’s important to eat small amounts of low-fat proteins!

SNACKS
Here are some healthy 50 gram grain foods for a meal or snack!

NIGHT BEFORE:
Eat a small, carb-laden meal early evening. Need more? Have a carb-heavy breakfast and lunch.

2-3 DAYS BEFORE LAST LONG RUN:
Practice eating more carbs and less fat and protein before your last long run to see which foods digest better than others.

ONE WEEK BEFORE:

Eat breakfast, about 150 grams of carbohydrates such as a bagel and yogurt.

Healthy carb-loading may help maintain the stamina to accomplish the entire race while avoiding a huge lag in energy and overwhelming fatigue.

Eating grains to replace glycogen stores and protein to aid muscle recovery is a healthy way to remain energized for the next race!

Source: Wheat Foods Council