



PUTTING IT ALL TOGETHER: MAXIMIZING ENERGY FOR THE BIG RACE

FoodFit,
Center For Nutrition
and Athletics



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.

Stick to eating those carbohydrates that worked for you.

ONE WEEK BEFORE:

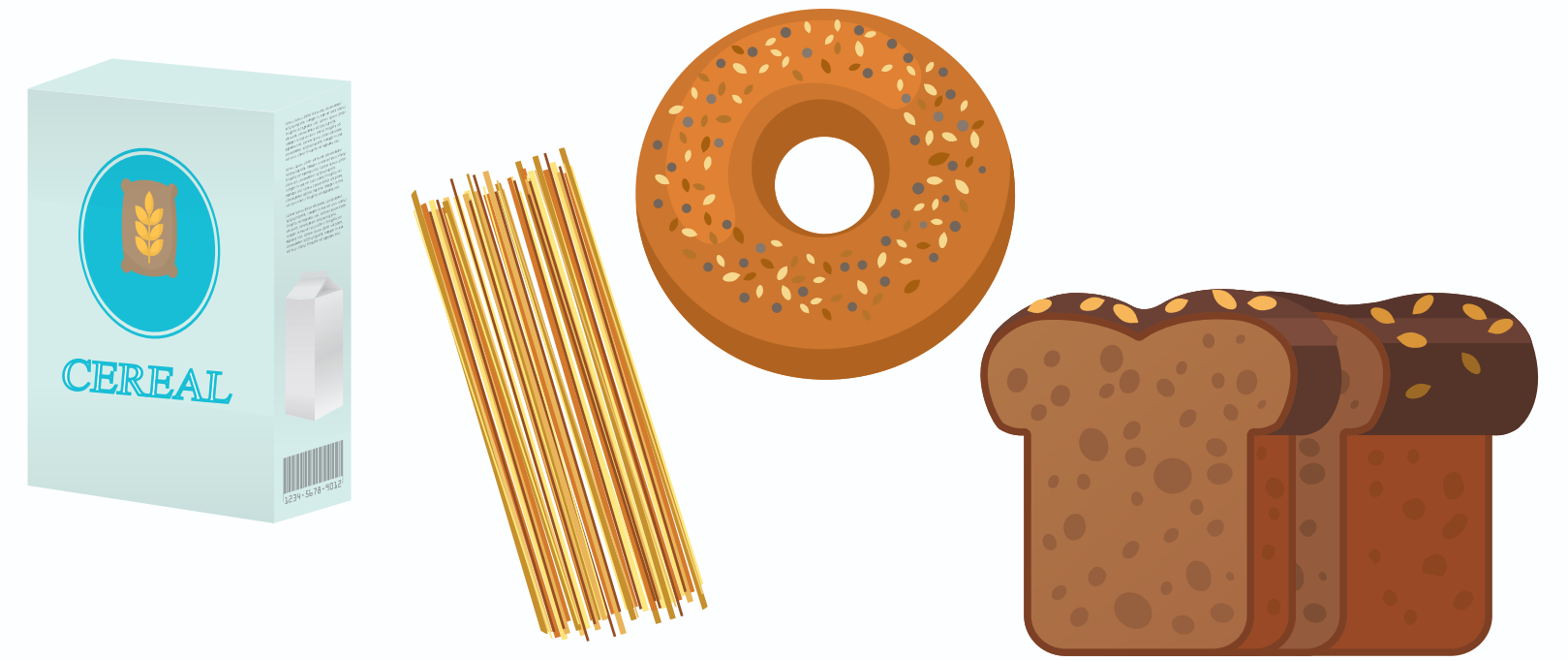
LOW-FAT PROTEINS

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.

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

THE MORNING OF:

- 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!