



## 🏁 Race Week Fuelling Checklist

### ✅ 5–7 Days Before Race Day

- Increase **hydration** — aim for 2+ litres water/day
  - Include **electrolyte drinks** if racing in heat or you're a heavy sweater
  - Eat balanced meals with **quality carbohydrates** (e.g. rice, oats, pasta, fruit, potatoes)
  - Avoid trying any **new supplements or foods** this week
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### ✅ 2 Days Before

- Slightly increase your **carb intake** (don't go overboard!)
  - Reduce **high-fibre, high-fat** and very **protein-rich meals**
  - Add a little extra **salt to meals** or sip an electrolyte drink
  - Prepare all race fuel (gels, chews, bottles) — pack a little extra just in case
  - Finalise your **breakfast plan** and portion it out if needed
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### ✅ Night Before

- Eat a **carb-rich, familiar dinner** (e.g. rice or pasta-based)
  - Avoid heavy, spicy or new foods
  - Set out your **race kit, nutrition**, and anything you'll carry or wear
  - Go to bed early — aim for **good rest**, even if nerves keep you up
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### ✅ Race Morning

- Eat breakfast **2–3 hours before** race start
    - ✓ Examples: white toast with jam, oats + banana, bagel + peanut butter
    - ✓ Aim for **1–2g carbs per kg** of body weight
  - Drink **300–600ml** of water or sports drink
  - Arrive with time to use the bathroom, warm up, and stay relaxed
  - Take your **first gel or fuel** 5–10 mins before the gun (optional, but helpful)
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### ✅ During the Race

- Take **35–60g carbs per hour** (gels, chews, drinks, real food)
- Drink **500–1000ml water/hour**, adjusting for sweat rate
- Wash down each gel with water — plan to fuel ~1km before aid stations
- Recognise signs of low fuel: **brain fog, negativity, heavy legs** = time to refuel!