

# Race Day Fuel Planner

Race \_\_\_\_\_

Date \_\_\_\_\_

<b>Pre-Race Day Meals</b> It's common for runners to travel long distances for races. Before traveling, find restaurants and markets that serve or sell meals consistent with your needs. Remember to carb load with foods that work for you.	..... ..... ..... .....
<b>Race Day Breakfast</b> Races usually start early. Make sure you give yourself 2-3 hours prior to the race to eat a good breakfast. Take snacks with you to the start that sit well with your stomach.	..... ..... ..... .....
<b>In Race Nutrition</b> If traveling to a race, be sure to bring the fuel you've been using in training. If you've been practicing with what's on the course, be sure to check the course map to determine where they are providing fuel and if you'll need to bring any extra fuel.	..... ..... ..... .....
<b>Post Race Recovery</b> It can be hard to want to eat shortly after a race. Try to get in something with a balance of carbs and protein within an hour of racing.	..... ..... ..... .....

One-on-One Nutrition Coaching:

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