

7 Tips for a Great Pre-Race Meal

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1. Don't Experiment

Don't try new foods on race day, it might cause unexpected problems.

2. Avoid Soft Drinks and Candy

Sugar is your enemy, empty calories that don't provide long term fuel source.

3. High Carbohydrates

Never can go wrong with breads, pasta, rice...pure long lasting energy source.

4. Timing

Takes about 3 hours to empty the stomach of quality food.

5. Fluids

Plenty of water and sports drinks...stay away from carbonated sugary soft drinks.

6. Avoid High Fat Intake

Fat takes longer to digest and lots of water to process.

7. Limit Protein Intake

Protein is a weak energy source, great for building tissue but limit the amount prior to race.