

Creating healthy bodies and healthy minds, one step at a time

www.schoolstriathlonchallenge.com

Perform at your
PEAK!



Race Day Nutrition

Now you have done all the hard work in preparing for race day, with training, improving the way you eat and what you eat, remember all that hard work can be easily undone come race day. Here are a few tips to make sure that you perform at your peak.



- Do not try anything new on race day or just prior to the race. This will affect your performance. So treat race day like any other morning and have your healthy breakfast.
- Make sure that you are well hydrated prior to the event. You can tell how hydrated you are by the colour of your urine. Remember water is BEST!
- Make sure that you take your favourite snacks to the event to eat and give you energy for your event.

Tips for Carnivals

- Take a cooler of food and fluids for your best chance to eat and drink well! Don't rely on the local canteen for all supplies.
- Include two water bottles per person, one each for water and a flavoured fluid (e.g. sports drink). Remember to drink regularly from your drink bottle.
- If the weather is hot, try freezing water bottles overnight. Cutting up oranges into quarters and freezing overnight can make a tasty frozen snack the next day!
- If there are one to two hours between events, you should have fluids and a light snack.
- If there is longer than two hours between events, sandwiches, bread rolls, muffins, baked beans, or something more filling would be best!
- If the break is longer than three hours then use this time to consume a normal sized meal.

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What to eat depends on time available between events

TIME	FOOD CHOICES
30-60 minutes	Water, fruit, cereal bars, low fat flavoured milk
1-2 hours	Flavoured milk, sandwich (eg. jam or honey), yoghurt, low fat muffin, fruit, pikelets
More than 2 hours	Pasta/noodle/rice based dishes with low fat sauce, sandwich (eg. ham + salad), breakfast cereal

Summary

- What you eat and drink makes a difference, as well as when you eat and drink!
- Be prepared and organized
- Start fueled and hydrated
- Stay fueled and hydrated
- Refuel and rehydrate straight away after training and competitions
- Eat balanced meals/snacks

