



SWIMBIKERUN

Top 10 Pre-Triathlon Nutrition Tips

1. It's important for active kids to eat well every day – not just on the day of the event.
2. The day before the event, focus on drinking plenty of water and eating 'fuel' foods based on carbohydrate foods including breads, cereals, dairy and fruit.
3. The evening before the event, have a high carbohydrate meal with protein such as spaghetti bolognese; a chicken stir-fry or wholemeal hamburgers with salad.
4. On the day of the event, have a nutritious, high-fuel breakfast such as porridge; toast with scrambled eggs; fruit salad with yoghurt or cereal and start drinking water. Sip mouthfuls of water often in the hours leading up to the event.
5. Don't try any new foods or drinks on race day or just prior to the race. These may affect your performance. Treat race day like any other morning and eat your usual healthy breakfast.
6. Take a cooler of food and fluids to your event for your best chance to eat and drink well! Don't rely on the local canteen for all your supplies.
7. Take snacks based on slowly absorbed (low-GI) carbohydrates with a little protein to help supply a steady stream of energy such as fruit, yoghurt, muesli bars and sandwiches.
8. In the one or two hours between events, drink fluids and eat a light snack.
9. If there are more than two hours between events then sandwiches, bread rolls, muffins, baked beans or more filling foods would be best!
10. Avoid sugary and fizzy drinks or drinking too much immediately before the race as this might give you a stitch. Instead, sip on water often.



SCHOOLS TRIATHLON CHALLENGE

