

Eating Right for Peak Performance



Pre Event

- Important to eat and drink prior to start of the race for energy
- Two to three hours before the race consume a meal consisting of 200-600 calories and drink 16-24 ounces of fluid
- Eat familiar foods (foods that you have tried before on your long runs)
- Smart meal choices might include: cereal, banana and skim milk, peanut butter on a bagel or a low fat yogurt and muffin.
- Avoid meals high in fat, protein, and fiber

During Event

- Drink 6-12 oz of fluid at 15-20 minute intervals
- Sports drinks are necessary for events lasting longer than one hour
- Recommended to consume 100-300 calories per hour during the event
- Food choice examples might include: energy gels or bars, fig bars, pretzels, oranges, candy, bananas
- It is important that you have experimented with these foods before during your training runs

After Event

- Re-hydrate after the event to improve your recovery
- Consume 200-400 calories within 15 minutes post race
- Choose easily digested and quickly absorbed foods

