

Nutrition Guidelines

Pre-Race Nutrition:

- Focus on consuming complex carbohydrates like whole grains, fruits, and vegetables in the days leading up to the race to fuel your muscles.
- Avoid heavy, greasy, or high-fibre foods that could cause digestive discomfort during the race.
- Don't forget to include lean proteins for muscle repair and healthy fats for sustained energy.

Race Day Nutrition:

- Eat a light, easily digestible meal 2-3 hours before the race.
- Stay hydrated by sipping water leading up to the race but avoid over drinking to prevent bloating or discomfort.
- Consider consuming a small snack, like an energy gel or a piece of fruit, 30 minutes before the race for an extra energy boost.

Post-Race Recovery:

- Refuel with a balanced meal containing carbohydrates and protein within 30-60 minutes after finishing the race to aid muscle recovery.
- Rehydrate with water or a sports drink containing electrolytes to replenish lost fluids and minerals.
- Incorporate foods rich in antioxidants, such as berries and leafy greens, to reduce inflammation and support recovery.

Hydration Strategies

Hydration Before the Race:

- Start hydrating well in advance of the race by drinking water throughout the day before.

- Aim to consume around 16-20 ounces of water 2-3 hours before the race to ensure you're adequately hydrated.

Hydration During the Race:

- Drink small, frequent sips of water or sports drinks at each aid station to maintain hydration.
- Listen to your body's thirst cues and drink accordingly, but avoid overhydrating, which can lead to hyponatremia.

Hydration After the Race:

- Continue to drink fluids after the race to replace fluids lost through sweat.
- Monitor urine colour, pale yellow indicates adequate hydration, while dark yellow may signal dehydration.