

Equinox Marathon: Taper and race day nutrition

7-14 days before	4-7 days before	2-3 days before	1 day before
<ul style="list-style-type: none">• Maintain your regular diet, including plenty of fruits, vegetables, high fiber grains*, and lean proteins	<ul style="list-style-type: none">• Add one additional serving of carbohydrates to meals• Don't skip meals• Pay special attention to replenishing glycogen after runs	<ul style="list-style-type: none">• Increase carbohydrates to 1/2 the volume of foods at meals• Continue to make most carbohydrate choices fruits, starchy vegetables, and high fiber grains*	<ul style="list-style-type: none">• Switch to low/moderate fiber grains*• Avoid high fat and spicy foods• Play it safe! Avoid new or poorly tolerated foods• Drink to thirst

**High fiber* grains include 100% whole wheat breads, brown rice, whole wheat pastas, whole grain and bran cereals. *Low fiber* grains include white breads, sourdough and French breads, white pasta, white rice, refined wheat and rice cereals.

Race Day

• Breakfast

- Ideally, you should eat a breakfast with moderate amounts of fiber, protein, and fat 2-3 hours before the marathon. Good choices include English muffins or toast with peanut butter and honey, cereal with 1% or skim milk, low fat yogurt, fruit, and/or fruit juices.
- If you don't have several hours to consume a decent breakfast, have a pre-race snack instead. Foods and beverages should be low in fiber, protein, and fat to speed digestion. Good choices include fruit, fruit juices, smoothies, sports drinks, and sports foods such as gels, blocks, and sports beans. Remember to refuel early on in race to prevent early glycogen depletion.

• During the race

- Refuel with 30-60g carbohydrates every 45-60 minutes.
- Take water with gels, blocks, sports beans, and other high carbohydrate sports foods to prevent GI upset.
- Stick with your refueling schedule even if you're feeling good in the early stages of the race. At mile 20, you'll be thankful you did!

• After the race

- Replace lost fluids with water and sports drinks immediately. Replenish your glycogen stores and begin your recovery with a high carbohydrate, protein containing snack within 30-60 minutes. Good choices include a pb&j, pretzels with string cheese, potato chips, granola bars, cookies, chocolate milk, fruit, and fruit juices.