



Equinox Marathon Nutrition

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Performance Nutrition

Count Down to Race Day

- 7-14 days before
 - Maintain your normal diet while on taper
 - Fruits, vegetables, high fiber carbohydrates, lean protein
- 4-7 days before
 - Add 1 more serving of carbohydrates to meals
 - Pay special attention to replenishing glycogen stores
 - Don't skip meals!

Carb servings

1 piece fresh fruit
½ cup canned fruit
½ cup fruit juice
¼ cup dried fruit or raisins

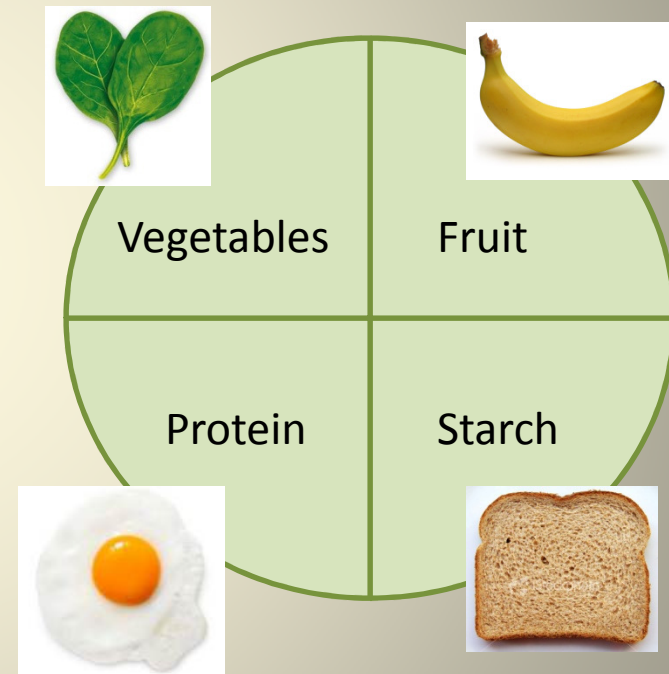
½ cup cooked pasta or rice
1 slice whole wheat bread
¾ cup dry cereal
½ cup cooked cereal

½ cup potato or yam
½ cup corn
½ cup peas

1 cup yogurt
1 cup milk
½ cup low fat ice cream

Count Down to Race Day

- 3-2 days before race
 - Increase your carbohydrate to $\frac{1}{2}$ the volume of food at meals
 - Continue to make most of your carbohydrate choices whole grain or high fiber



Count Down to Race Day

- 1 day before
 - Switch to moderate/low fiber foods
 - white pasta, white rice, potatoes, rice cereal, fruit juice, fresh fruits, Sourdough, French breads
 - Avoid high fat or very spicy foods
 - Drink to thirst
 - Play it safe!
 - Pack your race day bag



Count Down to Race Day

- In your race bag
 - Sports drink and water
 - Gels, blocks, jelly beans, etc.
 - Electrolyte tabs
 - Post-race snack (pb&j, graham crackers, banana, smoothie, etc.)
 - Post-race fluids
 - Safety pins, fuel belt, camelback, etc.



Race Day!

- Option #1
 - Get up early for breakfast (3 hrs before)
 - High carbohydrate, moderate protein, low fat, low fiber
 - Hot cereal with bananas, juice
 - English muffin, peanut butter, jam, juice
 - Pancakes with syrup, 1 egg, juice
 - Benefits
 - Glycogen stores are full
 - Start taking fuel later during race
 - Draw backs
 - Less sleep
 - Nervous stomach



Race Day!

- Option #2
 - Sleep in
 - Eat a small, high carbohydrate snack 30-60 min before start
 - 1 banana
 - Low fat fruit smoothie
 - 8-12 oz sports drink
 - 1 pack blocks, gel, or jelly beans
 - Benefits
 - More sleep
 - No stomach upset
 - Draw back
 - Glycogen stores not full
 - Need to take fuel sooner



During the Race

- Don't try anything new!
- Refuel every 45-60 minutes
 - Especially if no pre-race meal
 - Sports drink, gels, blocks, jelly beans, candies, fruit
- Take fluids and electrolytes with fuel
 - Sports drink, water with electrolyte tablets
- Carry at least one extra carbohydrate source
- Don't skip refueling breaks



After the Race

- Take carbohydrates within 60 minutes of finishing
 - Your post-race snack
 - Finish line feeds
 - Cookies, fruit, chips, crackers, pretzels, juice, granola bars, dried fruit
- Eat a full meal within 3 hours
 - Protein, carbs, unsaturated fat
- Rehydrate
 - Sports drink, water, juice, soda, beer 😊
- Relax!

Performance Nutrition provides science based sports nutrition consulting to active individuals, teams, and groups.

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