

Distance Events Fueling: 800m–3200m — Print Handout

A print-ready handout for mid-distance and distance track athletes covering carb-loading, race-day meals, and doubling at meets.

ACCESS

Free resource

AUDIENCE

athlete

READ TIME

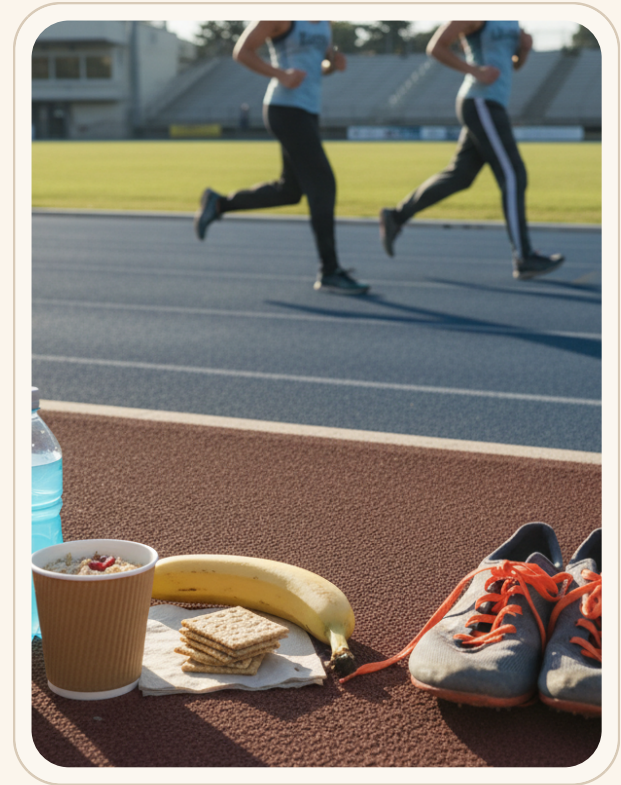
3 min

AUDIENCE

Athlete

WHY THIS MATTERS

➦ This is a print-ready visual handout.

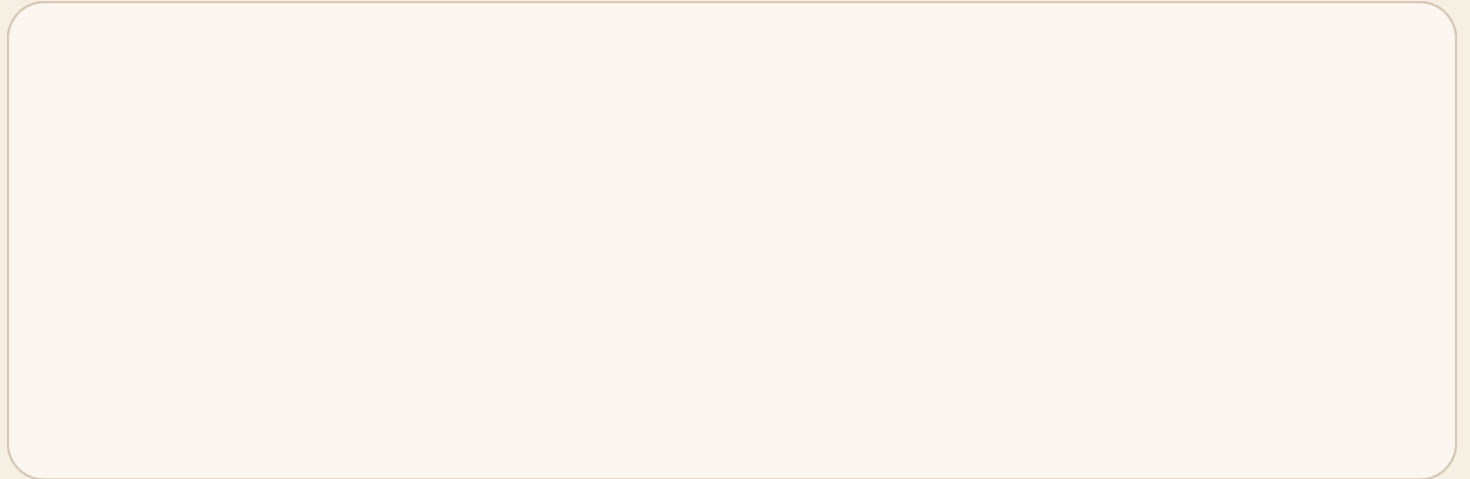


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QUICK START

Start here

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WEEKLY BASE

Distance events are won by what happens before race day

- Daily carbs matter more than one heroic pre-race breakfast.
- School day gaps are where many runners start losing the week.

PRACTICE FUEL

Pre-run carbs and post-run recovery are non-negotiable

- Use a simple snack 30-90 minutes before key sessions.
- Follow practice with carbs plus protein as fast as the day allows.

MEET STRATEGY

Distance athletes need a calm timeline

- Breakfast, warm-up snack, fluids, and recovery all need a spot.
- Do not wing the 3200 after sitting at a meet for five hours.

OVERVIEW

What this resource is helping solve

A print-ready handout for mid-distance and distance track athletes covering carb-loading, race-day meals, and doubling at meets.

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- handout
- printable
- pdf

Timing

**NIGHT BEFORE

**** Pasta/rice dinner**

**MORNING

**** Oatmeal + banana + PB**

Nothing needed for races under 20 minutes

**AFTER

**** Chocolate milk within 30 min, full meal within 2 hrs**

WATCH FOR

Common Mistakes

— Luke Rodriguez, MS, RDN

— Luke Rodriguez, MS, RDN

- Carb-loading the MORNING of (it takes 24–48 hrs to top off glycogen)
- Running the 3200m on an empty stomach to "feel lighter"
- Doubling (800 + mile) without eating anything between events

Do This Now

800M–1600M

Rely on stored glycogen — carb-load the night before

3200M

Small carb snack 60 min before + familiar breakfast 3 hrs before

ALL DISTANCES

caffeine (1–3 mg/kg) 45 min pre-race is legal and proven

QUICK REFERENCE

Key targets to keep in view

Use these as planning anchors when you turn the manual into weekly actions.

PRIORITY

Carb availability

Treat this as a decision anchor, not a trivia stat.

BEST HABIT

Fuel before + after

Treat this as a decision anchor, not a trivia stat.

RACE-DAY MISS

Under-eating early

Treat this as a decision anchor, not a trivia stat.

COACH TAKEAWAYS

Best fit

These are the cues worth repeating before the week gets busy.

Win the week: Daily carbs decide how race day feels.

Protect the session: Snack before, recover after.

Reject the myth: Under-fueled is not disciplined.

TAKEAWAY

Coach bottom line

Distance fueling is mostly a weekly consistency problem, not a race-morning trick.

- Where is this runner's biggest weekly gap: school lunch, pre-practice snack, or post-practice recovery?

COACH CUES

Field reference

Use these short cues when you need to turn the manual into a quick conversation or decision.

PRIMARY FOCUS

Printable Handouts

A print-ready handout for mid-distance and distance track athletes covering carb-loading, race-day...

THIS WEEK'S CUE

Where is this runner's biggest weekly gap: school lunch, pre-practice snack, or post-practice...

Use this sentence in the next team conversation.

KEY THEMES

BEST FOLLOW-UP

[handout](#) • [printable](#) • [pdf](#) • [distance events](#)

These are the anchors to reinforce, not the entire lecture.

Open the handout with your team

Use the printable handout to keep the message simple.

WHAT TO DO NEXT

Use it this week

Where is this runner's biggest weekly gap: school lunch, pre-practice snack, or post-practice recovery?

BOTTOM LINE

Distance fueling is mostly a weekly consistency problem, not a race-morning trick.

Source topics: [handout](#) • [printable](#) • [pdf](#) • [distance events](#) • [800m fueling](#) • [3200m nutrition](#)