

Race Day Fueling — Print Handout

A one-page, print-ready handout covering race day fueling for 5K–10K distance events. Includes timing protocol, common mistakes, and altitude adjustments.

ACCESS

Free resource

AUDIENCE

athlete

READ TIME

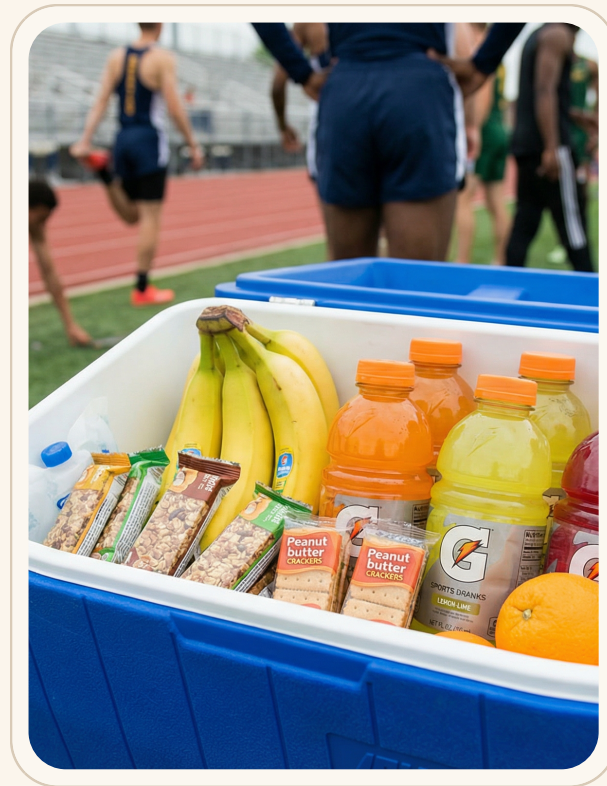
3 min

AUDIENCE

Athlete

WHY THIS MATTERS

➤ This is a print-ready visual handout.

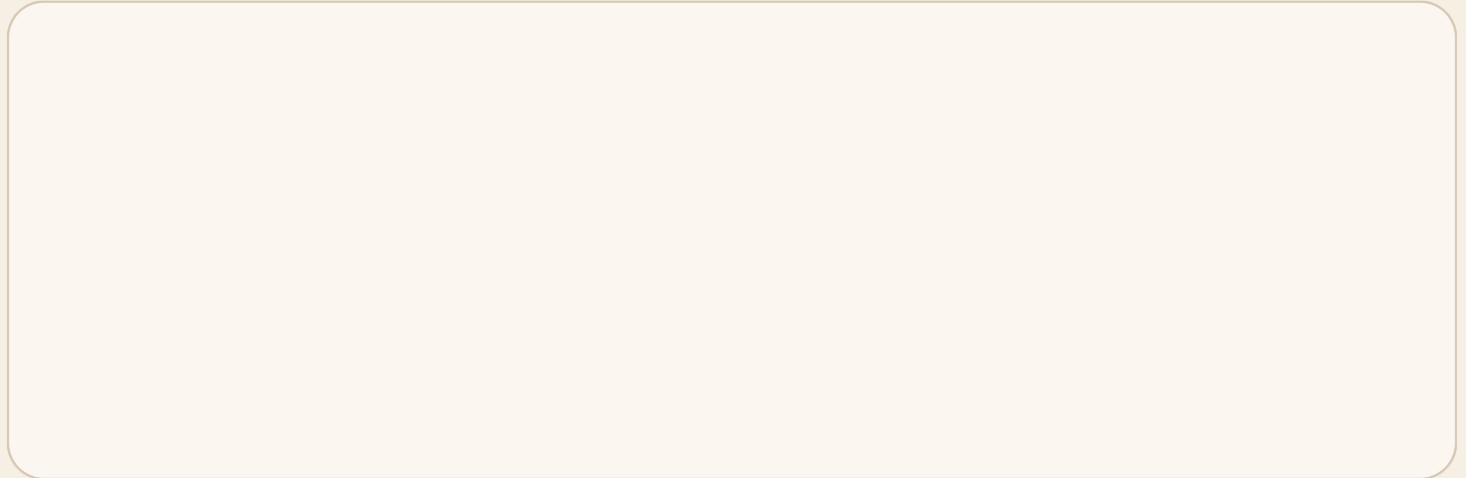


Race Day Fueling — Print Handout

QUICK START

Start here

A one-page, print-ready handout covering race day fueling for 5K–10K distance events.



BREAKFAST

Start with a familiar meal, not a concession stand plan

- Eat 3-4 hours before the first event if possible.
- Bagel with peanut butter and banana, oatmeal, or toast plus eggs all fit.

BETWEEN EVENTS

Use small carbs to stay topped off

- Choose bananas, crackers, fig bars, applesauce, or pretzels.
- Small snacks work better than one giant catch-up meal in the middle of the day.

FLUIDS

Hydrate all day, not only when it gets hot

- Start sipping at breakfast and continue through warm-up and recovery.
- Water works for shorter sessions; electrolytes matter more in heat or all-day meets.

OVERVIEW

What this resource is helping solve

A one-page, print-ready handout covering race day fueling for 5K–10K distance events.

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- handout

- printable
- pdf

Timing

**BEFORE

**** 3 hrs: meal (bagel + PB + banana) ' 30 min: small snack (applesauce)**

**DURING

**** 5K = nothing needed • 10K = sip water at aid station**

**AFTER

**** Within 30 min: chocolate milk + banana (30g carb / 20g protein)**

Common Mistakes

— Luke Rodriguez, MS, RDN

Trying a new food on race day — practice in training first!

Skipping breakfast because of nerves

Waiting 2+ hours after the race to eat

Do This Now

Eat 1–4 g carbs/kg body weight 3 hours before your race

Sip 5–7 mL/kg water in the 2 hours before the gun

Have your recovery snack ready in your bag BEFORE you race

QUICK REFERENCE

Key targets to keep in view

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

3-4 HR

breakfast before first race

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

30-60 MIN

between-event top-off

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

SIP EARLY

do not chase dehydration late

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

COACH TAKEAWAYS

Use this with athletes

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

Pack this: Breakfast backup, snack bag, recovery food.

Water plus electrolytes when needed.

Best snack fits: Bananas, fig bars, pretzels, bagels.

Keep foods familiar and easy to chew.

Avoid: Trying new foods.

Waiting until the athlete is already starving.

TAKEAWAY

Coach bottom line

Race day goes better when athletes graze on a practiced plan instead of improvising by hunger.

- Before the bus leaves, make every athlete show you their breakfast and between-event fuel plan.

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 one-page, print-ready handout covering race day fueling for 5K–10K distance events.

THIS WEEK'S CUE

Before the bus leaves, make every athlete show you their breakfast and between-event fuel plan.

Use this sentence in the next team conversation.

KEY THEMES

handout • printable • pdf • race day fueling

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

BEST FOLLOW-UP

Open the handout with your team

Use the printable handout to keep the message simple.

WHAT TO DO NEXT**Use it this week**

Before the bus leaves, make every athlete show you their breakfast and between-event fuel plan.

BOTTOM LINE

Race day goes better when athletes graze on a practiced plan instead of improvising by hunger.

Source topics: [handout](#) • [printable](#) • [pdf](#) • [race day fueling](#) • [5K nutrition](#) • [10K nutrition](#)