

Race Morning Fueling Checklist

Your step-by-step race morning fueling plan. What to eat, when to eat it, and exactly how much — designed for 8th-grade athletes at altitude.

ACCESS

Free resource

AUDIENCE

athlete / coach / parent

READ TIME

3 min

AUDIENCE

Athlete + Coach + Parent

WHY THIS MATTERS

A simple step-by-step guide to fueling your race morning.



Race Morning Fueling Checklist

QUICK START

Start here

Your step-by-step race morning fueling plan.

● **Wake up and start the hydration clock**

- Drink early instead of trying to catch up during warm-up.
- Use water first, then electrolytes if the day is hot or long.

● **Eat the breakfast that matches the first event**

- Use a practiced meal and portion size, not whatever seems appealing under stress.
- Shorter events need enough fuel, not a huge plate.

● **Decide the backup snack before leaving the room**

- Pack applesauce, bagel halves, pretzels, or sports drink for the last 60-90 minutes if needed.
- Nervous athletes should know exactly what the reduced snack looks like.

RACE-DAY FILTER

Protect the basics before you add extras

What creates avoidable race stress

- Trying new products close to the race
- Fixating on supplements while breakfast is still weak
- Skipping the race-week rehearsal

What usually matters more

- A familiar breakfast and timing plan
- Carbs and fluids that were already practiced
- A simple, repeatable bag and warm-up routine

IMPLEMENTATION

Race-week rehearsal vs race-day improvisation

Race-day manuals should reduce decisions, not add them.

What creates race-week stress

- Trying new foods or supplements too close to race day
- Wing-ing breakfast timing instead of practicing it
- Skipping the rehearsal during the week before the meet

What works better

- Familiar meals with timing already practiced
- A simple pre-race bag or cooler
- One clear recovery routine after the race

WHAT TO DO THIS WEEK

What to do this week

Choose the breakfast and race-day bag before the meet week starts.

Practice the timing on one regular training day.

Tell the athlete or family what to repeat if the schedule shifts.

OVERVIEW

What this resource is helping solve

Your step-by-step race morning fueling plan.

Your step-by-step race morning fueling plan. What to eat, when to eat it, and exactly how much — designed for 8th-grade athletes at altitude.

- race morning
- pre-race
- breakfast

COMMON MISTAKE TO AVOID

Common mistake to avoid

The athlete usually does not need a more complicated race plan. They need the same breakfast, fluids, and timing they already practiced on a normal week.

- Do not introduce a new food when nerves are already high.
- Keep the message short enough to remember at 6 a.m.
- If the athlete is still guessing, the plan is not simple enough yet.

QUICK REFERENCE

Key targets to keep in view

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

WAKE-UP

start fluids immediately

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

3-4 HR

main breakfast lead time

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

60 MIN

last light top-off if needed

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

COACH TAKEAWAYS

Coach reminder

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

Before leaving: Water bottle.

Breakfast backup and race bag snack.

Best last-hour fits: Applesauce, sports drink, half banana.

Small low-fiber carb only if needed.

Do not do: Skip breakfast.

Test new caffeine or supplements.

COACH CUES

Field reference

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

PRIMARY FOCUS

THIS WEEK'S CUE

Race Day Nutrition

Your step-by-step race morning fueling plan.

Make athletes follow the same four-step race morning flow until it becomes automatic.

Use this sentence in the next team conversation.

KEY THEMES

race morning • pre-race • breakfast • fueling

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

BEST FOLLOW-UP

Race week planner

Map the race week around the manual.

WHAT TO DO NEXT

Use it this week

Make athletes follow the same four-step race morning flow until it becomes automatic.

BOTTOM LINE

A short written race-morning checklist lowers stress and protects performance.

RELATED TOOL

Race week planner

Map the race week around the manual.

Source topics: race morning • pre-race • breakfast • fueling • checklist