

# Pre-Race Fueling Guide

## What to Eat Before Competition

### The Night Before

| Food | Why |

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| Pasta, rice, or potatoes | Carb loading |

| Lean protein (chicken, fish) | Muscle support |

| Cooked vegetables | Easy digestion |

| Bread or rolls | Extra carbs |

**\*\*Avoid:\*\*** High fiber, spicy foods, heavy sauces, new foods

### Race Morning (3-4 hours before)

| Meal | Examples |

|-----|-----|

| **\*\*Carb-focused\*\*** | Oatmeal, bagel, toast, banana |

| **\*\*Low fiber\*\*** | White bread over whole wheat |

| **\*\*Moderate protein\*\*** | Eggs, peanut butter |

| **\*\*Low fat\*\*** | Skip bacon, sausage |

#### ### Sample Breakfast

- 2 pieces toast with peanut butter
- 1 banana
- 8 oz juice or sports drink

### 1-2 Hours Before

| Snack Options |

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| Banana |

| Granola bar |

| Applesauce pouch |

| Pretzels |

| Sports drink |

### **30 Minutes Before**

| Quick Fuel |

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| 4-8 oz sports drink |

| Few bites of banana |

| Energy chews (2-3) |

### **What NOT to Eat Race Morning**

| Avoid | Why |

|-----|-----|

| High fiber cereals | GI distress |

| Dairy (for some) | Stomach upset |

| Fatty foods | Slow digestion |

| Large meals | Heavy feeling |

| Anything new | Unknown reaction |

### **Hydration**

| Timing | Amount |

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| Night before | Stay hydrated, not excessive |

| Morning | 16-20 oz, 2-3 hours before |

| 1 hour before | 8-12 oz |

| 15 min before | 4-8 oz |

\*Aspire Performance & Nutrition | [aspireperformancerd.com](http://aspireperformancerd.com)\*