

GOAL

WHAT TO EAT & DRINK

1-2 HOURS BEFORE

➤ The goal of a pre-race snack is to provide enough carbohydrates to **keep your blood sugar levels stable** and **prevent fatigue**.

✓ This is because carbohydrates are the main source of fuel for your muscles and brain during exercise.

✓ You also want to include some protein to support your muscle growth and repair, and some healthy fats to keep you satisfied.

- Trail mix
- Banana and nut butter
- Oatmeal with honey
- Wholemeal English muffin with jam
- Pasta salad
- Bagel with cream cheese
- Greek yogurt with granola and fresh berries
- Rice cakes
- Whole food bar
- Almond butter sandwich
- Berries are great! Apple, pears, kiwi, mango, grapes etc
- Protein smoothie
- Hummus with vegetables or whole grain crackers
- Raisin bread and peanut butter

30 MINUTES BEFORE

➤ **Fuel Top-Off: Boosting Stamina.** 30 minutes before the race, it's essential to top off **energy stores** and give a **final boost** with quick and easily digestible high-carb snacks.

- Fruit snacks
- Dried fruit: Mango, cherries, cranberries, raisins
- Narini gluten free crackers
- Watermelon
- Fig bars
- Sports drink: Nooma Organic Electrolyte, Powerade

ELECTROLYTES

➤ Electrolytes (sodium, potassium, and magnesium) play a crucial role in **maintaining optimal hydration** and overall health. They help regulate fluid balance, muscle function, and nerve activity.

- Recharge
- Scratch
- SIS Go Hydro
- HIGH5 Zero Electrolyte Hydration Tablets

ON THE GO

➤ The best **protein bars** offer a convenient way to top up **essential nutrients** when on the move.

- Trek Bar
- Fulfil Vitamin and Protein Bar
- Misfits Protein Bar
- Myvegan Carb Crusher
- Pulsin Vanilla Choc and Almond Bar
- KIND Double Dark Chocolate Bar

GALA DAY PLAN

Essential nutrition for race days