

Race Day Nutrition Tips, By MyelomaUK

Eating for a Half or Full Marathon

2 Goals:

- Maximize the effect of training
- Run as long as possible without becoming overly fatigued

Dinner the evening before a morning race:

- Lots of carbohydrates, IE: pasta, bread, or rice (whichever has proven to work best for you in training)
- A little protein
- Avoid foods with high fat content including rich sauces and cheese

Breakfast the morning of a morning race:

- Eat a solid meal 2-3 hrs before the race
- Lots of carbohydrates, IE: white bread and jelly, oatmeal, granola bar
- Low fiber and fat

Hydration:

- Sip water throughout the day before and up until the start line
- In last 10 minutes, try to take in about a half-pint of water
- Grab water and a sports drink from the aid stations during the race (you may want to try the sports drink during practice to make sure your stomach can handle it)
- Sports drink and energy gels become more important after the 1hr mark

Post Run:

- Rehydrate immediately
- Refuel within 30 minutes with a carbohydrate snack, IE: banana, granola bar, juice
- Within 2-4 hours eat a well balanced meal with protein and carbohydrates

Golden Rule: Never try something new on race day!

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