



BASIC
NUTRITION
EST. 2020

RACE READY NUTRITION



BASICLIVINGBR.COM



3 Days Out

Many athletes are hungry and a little jittery leading up to their race, which can lead to overeating. While it's important to eat regularly, we don't need massive plates of pasta to prepare for race day. While it's important to fuel, now isn't the time to overdo portion sizes in the name of "carb loading." Keep a water bottle with you and hydrate, hydrate, hydrate.

It is also time to start tapering down on some of our normal fruits and vegetables (see list to the right for options from which to choose). Fiber keeps your digestive tract working hard and moving along—something we want to minimize on race day.

Also remember to **hydrate, hydrate, hydrate!**

Limit

- Wheat, rye
- Dairy
- Apples, cherries, watermelon
- Nectarines, plums, white peaches
- Cashews, pistachios
- Broccoli, cauliflower, mushrooms
- Beans
- Honey, dates, sorbitol

Choose

- Rice, potato products
- Lactose-free dairy
- Bananas, oranges, strawberries
- Blueberries, cantaloupe, pineapple
- Almonds, peanuts
- Bell peppers, carrots, celery, spinach

information provided by:



2 Days Out

It is HOT down here in South Louisiana, so now is the time you should crank up the sodium intake. Adding a little extra salt to your food will help you retain some extra water for race day (provided you don't have high blood pressure or other condition).

I'm hesitant to give a number without individual consideration, but add salt liberally to food, consume salty things like pretzels and soups, and feel free to add soy sauce to your food (eggs with soy sauce are surprisingly delicious)! For the heavy (and salty) sweaters I also typically suggest "salt loading" in the evening with a commercially available electrolyte drink.

Hydrate, Hydrate, Hydrate!

information provided by:

BASIC
NUTRITION
EST. 2020



1 Day Out

Eat a relatively early dinner, no later than 12 hours before your race start if possible.

Avoid foods you seldom eat. Try to eat something similar to the type of food you normally eat during a big day of training.

Eat a relatively early dinner, no later than 12 hours before your race start if possible, and make carbohydrates (rice, potatoes, melons, pretzels) the focal point of your pre-race dinner, but don't feel compelled to gorge on them. Consider choosing a "ritual" dinner that you re-create before every race. This can calm pre-race anxiety and put you in the right mind frame to compete.

information provided by:



Race Morning

Eat a relatively early dinner, no later than 12 hours before your race start if possible.

Avoid foods you seldom eat. Try to eat something similar to the type of food you normally eat during a big day of training.

Eat a relatively early dinner, no later than 12 hours before your race start if possible, and make carbohydrates (rice, potatoes, melons, pretzels) the focal point of your pre-race dinner, but don't feel compelled to gorge on them. Consider choosing a "ritual" dinner that you re-create before every race. This can calm pre-race anxiety and put you in the right mind frame to compete.

information provided by:



During The Race

For events lasting 40-75 mins, only small amounts of carbohydrate are needed. This can be achieved with an intake of 20-30g of carbohydrate per the hour. We suggest using an electrolyte drink with calories and drinking it during the bike portion of the race.

Recovery

Eating a protein and carbohydrate-containing snack soon after finishing is important for promoting recovery. Fluids may be the most practical and well-tolerated option initially.

information provided by:

RACE READY MEAL SUGGESTIONS

BREAKFAST

Turkey scramble wrap

- Scramble 2 eggs with remaining turkey burger (crumbled), and ½ cup seasonal veggies. Serve in whole-wheat or corn tortillas.

Quinoa Power Bowl

- 1 cup quinoa breakfast cereal
- Cook 1½ cups quinoa with 2½ cups unsweetened almond milk, 2 tablespoons agave and 1 teaspoon vanilla (makes 2 servings).
- ½ cup Greek yogurt
- 2 tablespoons pomegranate seeds

LUNCH

Turkey Burger

- 1 turkey burger on whole-wheat bun or bread top with whole-grain mustard and pile high with favorite veggies.

Kale Pesto

- Combine ¼ cup prepared pesto with 1 cup sautéed kale in a blender. Toss with 2 cups cooked pasta and 1½ cups choice of roasted/steamed vegetables, and top with sliced leftover chicken breast (makes 2 servings).

DINNER

Baked Salmon

- 5 ounces baked salmon
- Place two 5-ounce pieces salmon into foil with sliced lemon and orange, wrap tightly and bake 15-20 minutes at 400 degrees (makes 2 servings).
- 2/3 cup quinoa
- ½ cup each roasted carrots and broccoli rabe

Herbed Grilled Chicken

- 5 ounces herb grilled chicken
- Marinate four 5-ounce pieces of chicken breast with chopped parsley, rosemary, thyme, olive oil, salt and pepper. Grill or roast chicken (makes 4 servings).
- 1 cup roasted potatoes or 1 cup white rice



SNACKS

- Bagels
- Fat-free fig newtons
- Pretzels
- Stone ground or blue corn chips with fresh salsa and a ¼ cup guacamole.
- English muffin topped with almond butter, banana and agave.
- Make your own trail mix with your favorite assortment of nuts, dried fruit and dark chocolate chips.
- Gluten-free jerkies or savory meat bars