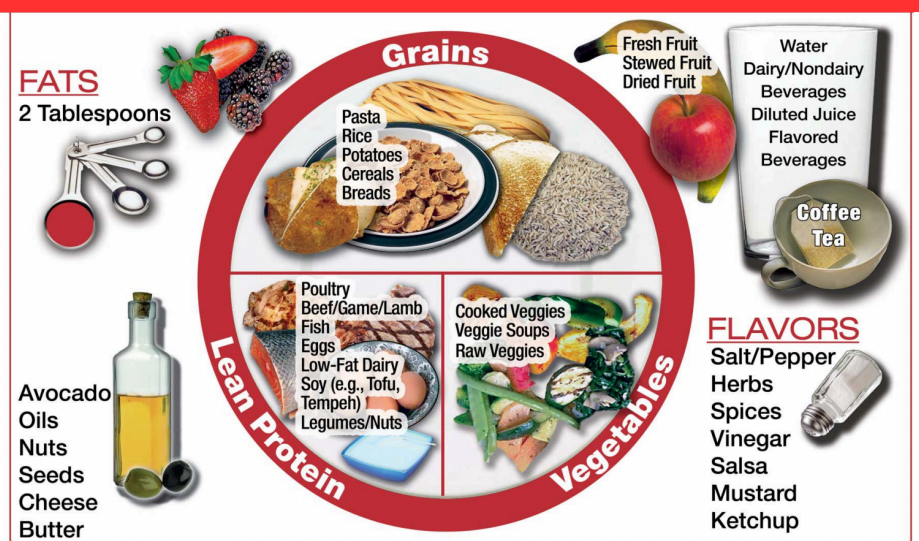


Race Day Nutrition Guide

Key Nutrients

- Carbohydrates
- Proteins
- Healthy Fats
- Vitamins & Minerals
- Water!

The Athlete's Plate: Hard Training/Race Day



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.

Pre-Race Fuel

- Meal 3-4 hrs before: high in carbs, moderate in protein, low in fat
 - Burrito bowl (rice, chicken, peppers, salsa), egg sandwich on bagel with fruit & yogurt
- Snack 1 hr before: high-carb & low-fat, fluids
 - Banana & peanut butter, hummus with pita chips & veggies
- Eat and drink what your body is used to!



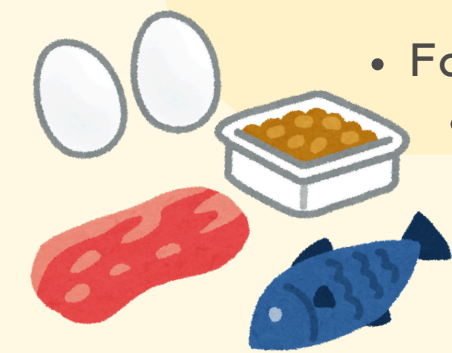
Fuel During Meets

- Snacks between events: quick carbs and fluids
 - Sports drinks, slices of fruit, granola bar, crackers, water
- Avoid high-sugar drinks or caffeine
- Eat every 2.5-3.5 hrs (or whenever hungry) to keep energy levels up



Post-Race Fuel

- Fluids
 - Water, sports drinks, chocolate milk
- Snack with carbs & protein to replenish energy
 - Protein bar with banana, fruit smoothie with protein powder, greek yogurt with berries
- Focus on proteins days after meet
 - Repairs muscles



Why is nutrition important?

- Food = fuel → boosted energy, endurance, speed, focus, and performance
- Carbs & protein helps muscles recover faster and stay energized
- Hydration prevents fatigue and keeps you feeling your best

