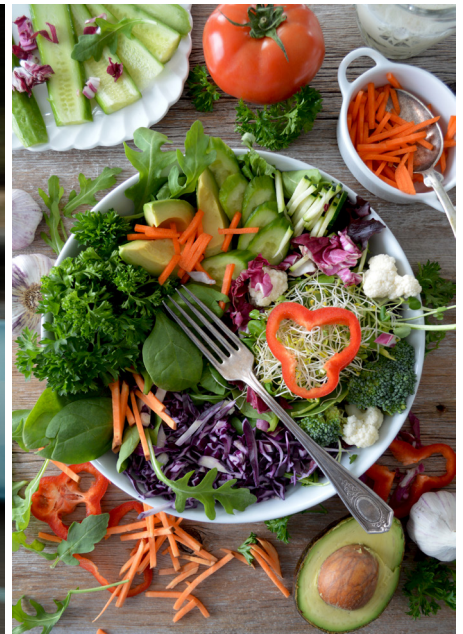


**A CHECKLIST
TO GET YOUR RACE NUTRITION
AND YOU READY FOR
PERFORMANCE**

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This Checklist Is For You....



- IF YOU KNOW EXACTLY WHERE YOU STAND WITH YOUR TRAINING PLAN

BUT YOU ARE UNSURE WHERE TO BEGIN WITH NUTRITION

- IF YOU KNOW THAT GETTING YOUR NUTRITION WRONG WILL MAKE FOR A

DIFFICULT RACE DAY

- IF YOU'VE LISTENED TO FRIENDS AND CLUB MEMBERS BUT ARE STILL FEELING UNSURE

WHAT IS RIGHT FOR YOU

IF YOU ARE FEELING OVERWHELMED!



Why Is Race Nutrition Planning So Important?

- 1 First, if you have a well devised race nutrition plan then you know that your mind and body are prepared. Your body needs to train with the nutrition that you will use on race day.
- 2 Second, it is also important to practise the logistics of carrying products and also the intake timing behind your race nutrition plan. This should be well-planned prior to event and not left to chance on the day.
- 3 Thirdly, a nutrition plan will make you faster. In a study by Hottenrott et al (2012) participants in the study that had a nutrition and hydration plan in place had raced faster(cyclist) by on average 10 mins and had a higher work rate than those that didn't have a fully trialed didn't have a planned nutrition and hydration plan.

Well here is a detailed Checklist that outlines what is important, when it needs consideration and how to get to start line ready !



6 MONTHS OUT!!!

- ☐ Begin a journal, training book or record on training app with information from each session regarding progress, assessment and consistent reviewing.
- ☐ Assess your everyday nutrition, review and select actionable changes that will improve overall nutrient quality and density that match your energy demands.
- ☐ Get your health checked with a medical professional and ensure that you are healthy and fit for the goal you plan to undertake.
- ☐ Consider metabolic testing and review of the fuels that you currently burn when exercising as well as energy you burn from day to day in order to understand your balance of food intake versus training and lifestyle right.
- ☐ Begin sourcing any new foods / products that interest you and begin some initial testing for flavour, texture and gastro issues testing (training is in low intensity now and any gastro issues may not arise until testing in race pace.)



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4 MONTHS OUT!!!

- ☐ Write on a training note book or on excel sheets with information from each session regarding intake and assess and review.
- ☐ The amount of carbohydrate you need per hour will depend on the intensity and duration of race you are preparing e.g. the greater intensity you plan to compete at will mean greater amount of carbohydrate you will require. Start trying smaller volumes of intakes and gradually increases amounts to closer where you need to be for optimum performance. Record all information.
- ☐ Confirm the course nutrition and hydration, location of aid stations, distances apart, for example some races have aid stations every 2.5 KMS others one station.
- ☐ Trial sports foods(gels/bars/drinks), trial different brands, amounts, timing, flavors. The type of foods used will differ greatly based on type of event e.g. an ultra runner running at a lower intensity pace may tolerate whole foods better. A cyclist may tolerate more solid food ratio versus liquid than a runner.
- ☐ Assess tolerability to training around pre-exercise meals eg train after a full meal, train with higher levels of products planning to use, train with large volumes of fluids in stomach, train with reduced amounts of fluids but do this strategically and intentionally.
- ☐ Trial a carbohydrate load before a less important race will be at least >90 mins in duration.
- ☐ Run sweat rate tests at different training intensity by body weight losses and test environmental conditions that maybe similar to racing conditions.
- ☐ Choose at least one session per week where you apply all of the above at an intensity similar to race and review results.

1 MONTH OUT!!!

- ☐ Keep practising hydration and nutrition close to race intensity.
- ☐ On a competition /race trial your race breakfast and timing- this needs be tried and tested.
- ☐ Race day is different than training days. On race day, anxiety will play a role and this can affect gut function and distance may sometimes be a bit longer therefore, start trialing larger volumes of nutrition and hydration that you would intend to take in a race & ensure you know your limits.
- ☐ Continue to train opening wrappers and containers, sipping, sucking, chewing, swallowing and tactics that you will use during event ie stopping at aid stations or eating on the go.
- ☐ Finalise solids to fluid ratio during a race pace session
- ☐ Complete training runs on similar terrain and elevation with nutrition and hydration.
- ☐ Check off number of bottles , hydration packs or gear required to carry nutrition.
- ☐ Source the final storage containers.
- ☐ Finalize hydration and sodium replacement after training to understand best tactics post event.
- ☐ Monitor fluid losses through sweat rate testing at environmental conditions and note that Hydration training sessions should be set appropriately for the weather and intensity for that day.
- ☐ Research food availability and types of foods thats you have planned to consume (if your event is in a foreign country).



1-2 Weeks OUT!!!

- ☐ Write out or complete an excel sheet final race and hydration plan based on the training you've done.
- ☐ Write out the number of bottles, refills, food items required for race.
- ☐ Focus on food hygiene, food safety and travel nutrition.
- ☐ Focus on sleep and sleep schedule particular if travelling to an event and if time zone difference will have relevance.
- ☐ Focus on electrolyte intakes through foods and on minerals such as calcium, magnesium, zinc, selenium, sodium/potassium, maximizing your nutrition.
 - * If you are a woman be aware of where you are in your cycle and how this may impact you pre-race and possibly your nutrition intake.
- ☐ Stay focused on a balanced nutrition that will support your ability to fight off any last minute sickness that often occurs close to competition and as you taper your training approaches.
- ☐ Keep recovery from any final training sessions optimum so that you have plenty of time with good nutrition and hydration for muscle repair.



1-3 DAYS OUT!!!

- ☐ Purchase and prepare what you will consume your pre-event meals and ensure all is in stock that was tried and tested this during tune up races.
- ☐ Carbohydrate loading helps to maximise glycogen storage 72 hours out from event and this has been shown to improve performance. Increase your carbohydrate intake but overall energy intake does not have to increase. Use this strategy only if tried before other tune up races.
- ☐ Consume last big evening meal that is carbohydrate focused 2 days out from event. This is a much better idea than having evening before race where you may feel very uncomfortable. Smaller, more frequent but carbohydrate focused meals the day before event.
- ☐ 24 hours out have smaller balanced meals low fiber, low residue, low fat and low in foods that cause discomfort in your gut.
- ☐ Start intentional hydration at least 24 hours before exercise event. Fluid intake coming from food can also be considered.
- ☐ Purchase and prepare for hydration and refueling for the post exercise recovery stage.
- ☐ Write out logistics of getting to and from event and what foods and drinks you will have with you.
- ☐ Think and talk positive to yourself to abate pre-race nerves and ensure that your mental preparation includes the knowledge that you have a tried and tested nutrition and hydration plan.
- ☐ Rest and relax!



Race Day

- ☐ Wake early and consume pre-event meal 2-4 hours before race
- ☐ The work is done! You know what you are eating!
- ☐ Don't overdo hydration - stay with what you tried and tested.
- ☐ Use your personal intake for solid foods and sports food that you tested one hour before other events.
- ☐ Don't try anything new!
- ☐ Breathe, meditate, stay calm-all will keep you focused on event ahead and help with managing any anxious gut issues.
- ☐ Don't forget to write a race review and what worked well and what could have been better. Learn and build from each race.





Catriona Courtney



Catriona Courtney is a Registered Sports Nutritionist, owner of Elev8nutrition and holds both a B.Sc.(Hons) Food Science and Technology and a M.Sc. in Sport and Exercise Nutrition Science from University College Cork and The University of Liverpool, respectively. Catriona is a member of the Sports and Exercise Nutrition Register (SENr Graduate) which means her evidence-based practice is held to the highest standard and meets the Register's Code of Professional Conduct.

Catriona has 15+ years experience working in food science and nutrition roles in the US, New Zealand and Ireland. She is passionate about helping you apply sports nutrition to daily life by simple and effective food solutions, habits and behaviours while maintaining your positive relationship with food. Think of it as a nutrition training plan specifically created for you to enhance your performance and help you feel good.

Registered Sport and Exercise Nutritionist (SENr Graduate)

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If you think this checklist has been useful and would like to learn more, I would love to hear from you!

Apply here for a free 15 minute consultation

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