



# Race Day Checklist

The training and effort has all been done and it's now time to put everything into race day!

Before the big day here is a nutrition checklist to ensure you have everything covered.

**Carb loading** Make sure you have trialled your carb load plan at least twice so that you're confident that what you eat the day before will leave you feeling light and energised for your race, with plenty of fuel in the tank.

**Pre race meal** Plan out your race morning so that your pre race meal is consumed two to three hours

prior to your wave start. Again be sure to have your trialled your pre race meal and don't be tempted to try anything new! As it may take longer to arrive at the event via public transport, pack a light snack such as a banana, yoghurt squeeze or white bread sandwich (crusts off) to top up on the way if required. A gel 15 to 30 minutes prior to race start is another option (that again, you have trialled in training!)

**Fluids** Carry a disposable bottle of water, electrolyte or sports drink. Continue to sip on fluids as you travel to the event and await your wave. You may have a long wait for your wave, which could leave you quite thirsty if you don't have a bottle with you.

**During the race** Stick with your race nutrition plan and avoid the temptation to copy others! If you want to run with a fuel belt, camel bak or bottle, that's fine! Don't worry if others are not doing the same. Listen to your body (and gut), if you start to feel full, nauseous or unwell, it's important to not stop drinking completely. Keep your timing the same but take on less fluid.

**Recovery!** Be prepared, while there is always fruit available at the finish line, a substantial recovery snack may be harder to come by. Include a frozen recovery drink (such as choc milk or Up & Go tetrapak) and a sandwich or muesli bar with your support crew or in your gear bag.

Best of luck and #keepfuelled

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