Race Day Tips

Two days before…

1. **DO** get best night of sleep (8+ hours) 2 nights before race

The day before…

1. **DO** Carb-load throughout the day.
   a. Eat higher-than-normal amounts of bread, pasta, rice every meal.
2. **DO** Add salt
   a. You're going to sweat during your run, so you'll lose lots of sodium.
3. **DON'T** forget to drink water
   a. Drink half your bodyweight in ounces of water
4. **DON'T** eat anything greasy or creamy
   a. Fatty foods can upset your stomach

The morning of…

1. **DO** eat a real meal
   a. Have protein AND carbs (egg or peanut butter w/ toast) keeps blood sugar steady
2. **DO** have normal dose of caffeine (if it's a normal routine)
3. **DO** choose carbs wisely
   a. Have quick absorbing carbs that are low in fiber (quick oats, no whole grains)
4. **DON'T** overdo liquid calories (Gatorade, pop, juice)
5. **DON'T** try anything new
   a. Keep a routine that is normal to avoid upsetting your stomach

The day of…

1. **DO** Drink 17-20 ounces of water 3-4 hours before
2. **DO** Drink 5-10 ounces of water or sports drink 30 minutes before race

After the race…

1. **DO** prioritize carbs
   a. Eat fruit or other simple carbs, have protein within 2 hours for muscle repair
2. **DO** rehydrate
   a. Studies show cow & soy milk hydrates better than H2O
3. **DON'T** indulge right away
   a. Aim for 4:1 carbs-to-protein ratio. No fat!
4. **DON'T** put off your post-race snack
   a. Refueling helps boost weakened immune system and bone health.
5. **DO** Keep moving
   a. Walking/jogging will help prevent soreness and lactic buildup
6. **OPTIONAL- DO** soak in a cool bath for 15 minutes