

Your Tri Menu

7 Days Before The Race

The week before the race, your carbohydrates should be about 60%-70% of your daily intake. This amount of carbohydrates ensure your glycogen stores will be at their maximum. You want your fats to be lower, about 30-50 grams a day. The menu items I have chosen can be exchanged for other foods that are similar. Like bean soup instead of lentils soup, or 1 cup pasta with marinara sauce and veggies. Keep in mind that carbs are very important and sugars, and high fats are to be avoided.

DO's and Don'ts for the week before:

1. Eat a variety of high carb foods. Such as, bagels, pasta, whole grains, and fruits.
2. Keep your meals and snack time regular. Your digestive track will thank you!!!!
3. Do consider using carbo-supplements such as GatorLode.
4. Stay away from high fat foods and sugars.
5. Don't skip meals!!!!
6. Don't stuff yourself. You want to feel light on your feet on race morning.
7. Don't eat too much of any one food. Harder for digestion.

Day Before The Race

What you eat and don't eat can have a big effect on your race performance. Your goal today is to:

1. Top off your glycogen tank
2. Get well hydrated
3. Avoid gut trouble- don't eat anything different

As you eat through out the day, eat until full. Try to avoid high protein foods and high fiber foods.

Do's and Don't day before the race:

1. Drink frequently during the day. You need clear urine today.
2. Eat from home today. Less chance of food poisoning and not knowing what you are eating.
3. Don't eat gas forming foods such as: broccoli, beans, cauliflower, dried fruit or high protein bars. (>20gms)
4. No caffeine or soda.

Race Day

Before, during, and after the race, your task should be to eat and drink liberally. This race is challenging and you need sustenance to get through it. The right amount and balance of fluids and carbs will be vital to your performance.

Start by eating 2-4 hours before the race. If you don't eat before the race this will decrease your glycogen stores and early fatigue during the race.

For fluids, take in about 2 cups 2 hours before start time. Once race starts, drink fluids and carbs early and often. Your goal is 5-12 ounces of fluid every 15-20 minutes and 30 to 60 grams of carbs every hour of running.

To get the carbs during your run try GU, carbo fuel, gatorade, energy bars, guava paste, or banana.

After The Race

After the race drink as much as you can. Each pound you lose=16 ounces of fluid lose. You also need to rebuild your depleted glycogen stores so with in 30 minutes after the race eat 50-100 grams of carbs. Follow this up with 50 grams of carbs every 2 hours. Your goal is to consume 600 grams of carbs with in 24 hours. You can also get a little protein after the race. Protein helps to speed up the glycogen rebuilding process.

Good luck and have a wonderful time!!!!.