



Race Nutrition Planning Guide

Featherstone
NUTRITION

Race Nutrition Planning Guide

This guide is designed to help you prep for the days leading up to your race, as well as race day. Included in this packet you will find guidance for the following:

- Carb loading
- Hyperhydrating
- Race morning breakfast & snacks
- Race day hydration
- Race day fuel
- Links to carb load, sweat rate and race fuel calculators



The information in this guide will allow you to fill out page 3 & be ready to rock on race day.

Race Nutrition Planning Guide

Carb Load - for 3 days leading up to your race

grams of carb/day

oz fluid/day

Hyperhydration -
night before your race

What's your plan?
(if needed)

Pre-Race Meal -
2 - 3 hours pre-race

What's your plan?

Race hydration

List hydration source & when
you will take it.

Race fuel

List fuel source & when you
will take it



Carb Loading

Carb loading prior to your race will stock your glycogen stores, for your body to tap into that fuel during race day.

If we carb load properly, we avoid hitting the wall.

It is recommended to carb load for 3 days prior to your full marathon, ultra or Ironman; and for 1-2 days prior to your half marathon.

Plug your numbers into our [CARB LOAD CALCULATOR](#) to determine your carb needs during your carb load - or use the calculation below:
$$\text{weight in kg} \times 8 = \text{g carb per day of the carb load}$$

Carbs - Carbs - Carbs


50 grams carb =

1 large bagel
2 scoops Skratch or sports drink
4 graham crackers
2 slices large bread
1 heaping cup cooked pasta
1 cup cooked rice
2 servings pretzels
16 oz juice or lemonade
1 1/2 - 2 cups dry cereal
2 servings skittles or candy
1 large baked potato
1 cup dry oats
2 bananas
1 cup sweetened applesauce
2 cups pineapple
3 Tbsp honey
1/4 cup maple syrup
1/2 cup raisins

Make this easy! Take the grams of carbs you need per day and divide that by 50 - that's how many servings you need to eat of the above per day.



Carb Load Planner

	3 Days before race	2 Days before race	1 Day before race
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
<i>Daily totals</i>			



Hydration while Carb Loading


The creation of glycogen takes carbohydrates and water.

While carb loading, it is important to also drink an extra 30 oz fluids per day.

Add this to your baseline hydration needs. Don't know this? Start with taking your body in pounds, dividing it by 2, and drinking that many ounces.

It's beneficial to drink some sports drinks to encourage fluid intake & take in extra sodium.

Carb Load Hydration Planner

	3 Days before race	2 Days before race	1 Day before race
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
<i>Daily totals</i>			

Hyperhydration

Hyperhydration is intentionally consuming more salt + fluid the night before a long run or race. The purpose of hyperhydration is to store extra fluid for your body to tap into during your long run or race.

You may benefit from hyperhydration if you are a salty sweater, heavy sweater, it's a hot day or a humid day.



If you are unsure if you are a heavy sweater, try our [SWEAT RATE CALCULATOR](#).

If your sweat rate is greater than 32 oz/hour, consider hyperhydrating. If you are a heavy or salty sweater, it's a good idea to get a sweat composition test. This is our favorite [wearable](#).

For hyperhydration:

It is recommended to consume 500 - 1500 mg sodium in 32 oz water.

Lower range for cooler weather - Higher range for warmer weather.

Supplement ideas: LiquidIV, LMNT, Skratch Hyperhydration

Race Day Breakfast & Snacks



Find your race start time
and work backwards.



Eat 2-4 hours before your start time.
Take your weight in lbs \div 2 = approx. gm of
carbs to eat at breakfast.
(aim for at least 75 gm carbs + a little pro/fat)



If you have a late start time, you should eat
a snack of ~50g carb. Finish eating at least 2
hours before your race.



Drink 10 - 12 oz sports drink
+/- coffee
Finish drinking fluids 1 hour pre-race

Example Breakfasts & Snacks

Race start time: 7am

4:30am

6 graham crackers w/ a little peanut butter
+ 12 oz sports drink



Race start time: 10am

5 am

1.5 bagels with a little butter
+ 12 oz sports drink

7:30 am

6 graham crackers

Race Hydration

If you haven't done so already, use our [SWEAT RATE CALCULATOR](#) to figure out your sweat rate. You will want to calculate your sweat rate in a climate that is very similar to the climate on race day.

If you are a heavy or salty sweater, it's a good idea to get a sweat composition test. This is our favorite [wearable](#).



01 If your sweat rate is less than 32 oz per hour
Drink 1/2 - 3/4 of your losses back per hour.
For example, if your sweat rate is 20 oz/hr,
drink 10-15 oz/hr

02 If your sweat rate is greater than 32 oz per
hour
Drink 16-24 oz per hour.

03 What should I drink?
If it's cold, and you won't sweat a ton, you
might be ok with water. If it's warm, an
electrolyte drink is probably best. If it's hot,
humid or you are a heavy or salty sweater,
you will need an electrolyte drink and
possibly other electrolyte supplements.

Race Fuel

During training, you should practice fueling on your long runs, so you know what works best for you. Practice timing and opening packages, so there are no fueling surprises on race day.

A good place to start is around 25-30g carb every 30 minutes, but it's a good idea to calculate your own fuel needs. Use our [RACE FUEL CALCULATOR](#) or use the equation below.

CALCULATION

Grab your gel(s)/chew(s)

Note how many grams of carb per serving

Estimated finish time (hours) x 50 = total grams of carb needed (A)

$A \div \text{g carb per serving of gel/chew} = \text{total servings needed (B)}$

Estimated finish time (min) \div B = frequency (min) of taking each serving of fuel



EXAMPLE

Jen is running CIM with an estimated finish time of 3:30. She is going to use Neversecond energy gel for fuel (30 g carb per gel).

$3.5 \text{ hr} \times 50 = 175 \text{ g of carb total for the race}$

$175 \text{ g carb} \div 30\text{g/serving N2} = 5.8 - \text{round up to 6}$

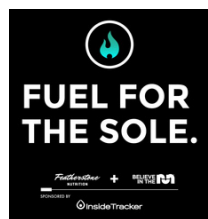
$210 \text{ minutes} \div 6 = 1 \text{ serving Neversecond every 35 minutes}$

To make it easy, Jen is going to take 1 N2 gel every 30 minutes + bring an extra in case she needs a boost towards the end of the race.

Good luck!!



Visit our website
for Meghann's favorite
product discounts



Want to hear more?

Tune into Fuel for the Sole
where ever you listen to
podcasts for more on all topics.

Found this helpful?

Share your story with us on
Instagram and tag.

@featherstonenutrition

This is general guidance on race day fueling for a successful marathon.
Individual results may vary. Load those glycogen stores + don't start too fast +
take your fuel every 30 minutes + don't let that mind tell you to quit and just
watch what you can do!



Need more help?

Reach out for a
customized
Race Day Plan

Or, to schedule a 30
minute discussion with
Meghann.

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