



Healthy Tips for Race Week!

Carbohydrate Loading

Your body will rely on its carbohydrate stores for energy during this race. Although carbohydrate loading is generally needed for longer races, your best bet the week before and especially for the 3 days prior to the race, is to increase your usual carbohydrate intake by 10-15%, while slightly decreasing the amount of protein and fat you eat.

A healthy way to do this is to include 1 more serving of fruit plus a slightly larger portion of potatoes, rice, pasta, or bread at your meal.

Make sure you also cut back on fat (butter, margarine, cream or cheese sauces, fried foods), as these take longer to digest and provide concentrated calories.

Hydration

An August evening in New Hampshire can be hot and humid. Staying well hydrated race week is essential to getting you through the race safely.

Water is the best fluid with which to stay well hydrated. Juices, soda, or drinks with high amounts of sugar take longer to empty from your stomach and can lead to nausea. Cold fluids hydrate quicker, as they empty from the stomach faster.

Sports drinks are beneficial for replacing fluid, carbohydrates and electrolytes during activities lasting longer than one hour. You can easily get those nutrients from food. Fruits and vegetables are your best sources of potassium.

Avoid alcohol, especially for the 3 days prior to the race. Alcohol is dehydrating and can often lead to gastrointestinal distress during high intensity activity.