

## What is needed

- Meal plans that complement the various types of training sessions.
- Create and test out the Meal Plans for the Day before the race, Race Day and the Day after the race.
- Test out a list of beverages, foods, sports foods that you will be using during the race
- Monitor your hydration status daily.
- Test out Race fuelling and hydration strategies weeks before the race

Please see a Performance Nutritionist to get these dietary strategies personalized.



## Weeks before

Prepping starts weeks before the Race.

During the later stages of your marathon training, you would need to incorporate race-specific strategies into your training regimen.

The same goes for your dietary strategies. You would need to test out your race-specific dietary strategies during training.

# Sports Nutrition Checklist

## Prepping for a Marathon

Use the checklist to be fully nutritionally prepared for the Marathon.

## Race Day - Before Race



### What to take note of:

- Your pre-race main meal should be 3 to 4 hours before the marathon.
- Consume fluids 2 to 4 hours before the race to allow some time to go to the toilet before the race. Pace your fluid amount by sipping every 20 minutes.
- Make sure that your urine is pale yellow in colour before the race.
- While and after warming up, please use fluids that are at room temperature to make sure that your body temperature continues to be raised before the race.

## What is needed

- You should be well-hydrated before the race
- Meals before the race must be planned and tested out weeks before the race. You must have the right meal timings on race day.