

Pre-Event Fueling

Fueling yourself before an event gives you the opportunity to prime your body and help refuel muscle and liver carbohydrate stores. Just like practicing for the event is imperative, so are your pre-event fueling practices when you can fine tune your strategies that are most helpful but also least GI discomfort and cater to your likes and dislikes. Things like fiber, protein and fat content of pre-event meals can increase GI discomfort during the event. If you struggle to eat pre-event meals, you may want to consider easily digestible foods or liquid meal supplements.

2-4 Hours Before Event

Foods: Carbohydrates/Dietary: Slow-Absorbing/Low Glycemic Absorbing (w/ GI comfort) + Moderate Protein + Low Fat

1 hour/100 body weight: 1.5 cup Oatmeal + 4 Tbsp Honey + 1 cup low fat milk + 1 large banana + 1 cup fruit juice

2 hours: 1 serving/100 body weight, 10 source Carbohydrate Endurance + 1 Bagel with jelly/Honey + 1 Egg + 1 cup fruit juice/juice

<1 Hour Before Event

Foods: Carbohydrates/Fast-Absorbing/High Glycemic/Low Fiber/Gel/Gummies, jelly w/ White Bread, Sports Drink, Fruit Flavors, Sports Gel/Gel/Bar/Gran/Quincy

1 serving/100 body weight: 10 source Carbohydrate Endurance + 1 Sports Gel

Examples of carbohydrate serving sizes include:

- o 1/2 cup cooked rice/pasta/beans
- o 1/2 cup beans/toast/rye cracker (corn/potato/peas)/corned/roasted oats
- o 1 slice of bread
- o 6" tortilla
- o 1/2 English Muffin
- o 1/2 - 1/3 Bagel
- o 1 Fruit (size of fist/tennis ball)
- o 1 Chap/ jelly/Honey
- o 1 cup milk

If you are performing an endurance event lasting longer than 90 minutes, you may consider increasing carbohydrate intake in the few days prior to the event. In these days prior, carbohydrates should be your first priority at each meal to avoid mild-GI discomfort and limit early fatigue. A more detailed assessment and plan can be developed with the help of a registered dietitian/nutritionist.

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