



Pre and Post-Race Foods for Energy

Pre-race meals provide energy for the soon-to-be exercising muscles. Pre-event meals should be high in carbohydrates, non-greasy, and easily digested. It is best to eat 3-4 hours before the first event. The following items can be easily prepared and brought to the track for the duration of the meet. Make sure your athletes have plenty of food and water to keep them energized throughout the day.

Pre-Race/between heats:

- **1 hour before**
 - ◆ ½ bagel
 - ◆ Banana
 - ◆ Box of raisins
 - ◆ Applesauce
 - ◆ 8 Graham crackers
- **2-3 hours before**
 - ◆ Yogurt
 - ◆ Bagel with peanut butter
 - ◆ Granola bar
 - ◆ String cheese
 - ◆ Fruit smoothie
- **4+ hours before**
 - ◆ Turkey/Tuna sandwich
 - ◆ String cheese, grapes, crackers
 - ◆ Trail mix with raisins and nuts



Post-race options:

- Carbohydrates should be consumed between 30-60 minutes of competition for recovery. Examples include:
 - ◆ Bagel, pasta, sandwich, baked potato
 - ◆ Fruit smoothie, whole fruit, fruit juice
 - ◆ Yogurt, milk
- If these foods are not available, consume 2-4 cups of a fluid replacement drink (Gatorade) and eat within 2-4 hours

