

# FUELLING UP FOR RACE DAY

## SUGGESTIONS FOR FOOD BETWEEN RACES FOR MAXIMAL PERFORMANCE



**MORE  
THAN 2  
HOURS**

**BETWEEN RACING**

Eat a small meal that helps you fuel for your race without leaving you feeling uncomfortable.



**1-2  
HOURS**

**BETWEEN RACING**

Before racing eat a small meal high in good quality carbohydrates, moderate in protein and low in fat.



1-2 slices wholegrain bread or long roll with salad and chicken/beef/lamb

2 cups breakfast cereal (e.g: Special K+ banana + milk)



sushi 4-6 pieces

fruit smoothie  
1 cup milk +  
150ml yoghurt  
+ 1 banana +  
berries



**30-60  
MINUTES**

**BETWEEN RACING**

Before racing Include 'real foods' that are easily digested.



baked bars

creamed  
rice and  
a banana

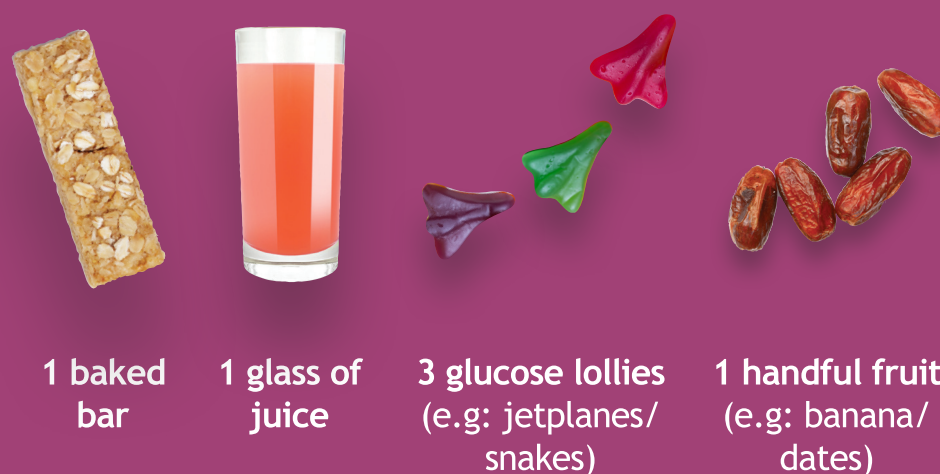
3 rice  
balls  
dipped in  
soy sauce



**LESS  
THAN 30  
MINUTES**

**BETWEEN RACING**

Before racing eat foods that are rapidly digested from the gut.



1 baked  
bar

1 glass of  
juice

3 glucose lollies  
(e.g: jetplanes/  
snakes)

1 handful fruit  
(e.g: banana/  
dates)