



HIGH PERFORMANCE
SPORTS MEDICINE

Pre-Race Nutrition Tips to Help You Run Your PB

Does this sound like a lot to ask? Well, it's not. I've had clients easily run a personal best race time after a single nutrition session. Below I'm going to tell you some of what I tell them.

1. Start your pre-race nutrition a few days before the event. You've probably heard of "carb loading". It's simple and effective in providing you with more energy for your race. All you do is eat about 1 fist of starchy carbs per meal during the two days leading up to the race. Starchy carbs are things like rice, quinoa, fruit, peas, corns, butternut squash, potatoes, and legumes like chick peas. Don't get too finicky with the portion. 1 fist works.
2. Maybe you already eat this many carbs day-to-day, and if you do, don't increase the amount. You're already maxed out on carbs. But you might want to talk to me about why that many carbs on a daily basis is actually working against you.
3. Drink more water when carb loading. You need it to store the extra energy (glycogen).
4. You might be a few pounds heavier by the time the race comes along, but that's ok. It's just water and sugar weight. Your body is primed for success.
5. Eat protein with each meal. ½ to 1 fist.
6. I won't get too much into training but a common mistake I see is tapering down too early. For a half marathon you only need about five days with limited or no training. For a shorter race, 2-3 days off will suffice.
7. On the morning of the race, wake up three hours prior to your race start time. Start your morning with a big glass of warm water. Wait 15 minutes and then have your breakfast as usual. Don't change your breakfast to something new. You should complete eating breakfast 1-2 hours prior to your race start time.
8. A few minutes before you start, go to the washroom.
9. Right before the gun, drink about a cup of water. It will turn to sweat before it turns to urine.

Kyle Byron is a Nutritionist. He uses industry leading methods of changing how we eat by combining the science of food with the psychology of habit-setting and motivation. To find out if Nutrition coaching might help you to meet your health and exercise goals, book a meeting with Kyle, free of charge, by email at hello@hpsm.ca or kyle.byron@hpsm.ca, or by phone at 416-486-HPSM (4776). High Performance Sports Medicine is conveniently located at the Yonge Eglinton Centre, 2300 Yonge Street, Suite 1604. For more information regarding our clinic services and our approach to treatment please visit www.hpsm.ca.