



# Race Day Nutrition Prep Sheet

## Breakfast

Time	Carb	Protein	Fats	Hydration
4 AM				
5 AM				

## One Hour Prior to Swim

Time	Carb	Protein	Fats	Hydration
6 AM				
15 min prior to swim				

## Bike - Per Hour

Time	1st hour	2nd hour	3rd hour	4th hour	5th hour	6th hour	7th hour
:15 min							
:30 min							
:45 min							
:60 min							

## Run Per Hour

	1st hour	2nd hour	3rd hour	4th hour	5th hour
Salt Every Mile or every 15 min					
:15 min					
:30 min					
:45 min					
:60 min					

<b>Bike</b>		
<b>Hour</b>	<b>Sodium - 1000 mg</b>	<b>Nut</b>
15 min	380	100
30 min	190	240
45 min		
60 min		
<b>Total</b>	<b>-430</b>	<b>340</b>

**Cal** chomps  
**-90.35**

<b>Run</b>		
<b>Time</b>	<b>Sodium</b>	<b>Nut</b>
10 min	230	
30 min	230	100
45 min	230	30
60 min	230	100
<b>Total</b>	<b>920</b>	<b>230</b>

**Cal** gel  
**-47**

<b>Bike Calories</b>		
<b>MPH</b>	<b>Weight</b>	
0.089	161	14.345
<b>Time</b>	<b>Ratio</b>	
60	860.71	
<b>Minimum Calories</b>	<b>Maximum Calories</b>	
258.212	430.35	

<b>MPH</b>	<b>Calories Burned</b>
15	0.0561
16	0.0615
17	0.0675
18	0.074
19	0.0811
20	0.0891
21	0.0975
23	0.1173
25	0.1411

<b>RUN</b>		
<b>Weight</b>	<b>Mile</b>	
161.0	0.63	101.430
<b>Mi x Weight Ration</b>	<b>MPH</b>	
101.430	6.0	608.58
<b>Caloric Intake</b>		
182.57		

<b>MPH</b>	<b>Pace</b>
5	12:00
5.5	10:43
6	10:00
6.5	9:14
7	8:34
7.5	8:00
8	7:30
8.5	7:04
9	6:40
9.5	6:19
10	6:00

<b>4 am Breakfast</b>	<b>Oatmeal/PBj/Banana</b>
<b>5:45 am am Race Site</b>	<b>Power Bar</b>
<b>6:45 AM</b>	<b>Gel and Salt</b>