

FIT FOR LIFE

PHYSICAL THERAPY

Fit For Life Physical Therapy Race Day Nutrition

Week Before

- Focus on hydration and a healthy, balanced diet
- 2 liters of water per day
- Fruits and veggies, lean meats, whole grains, and low-fat dairy

Day Before

- Routine is key! Do not try a new dinner recipe the day before a race
- Consider a lunch sized dinner and a dinner sized lunch
- Continue to hydrate

Morning Of

- Have the same breakfast you have been eating before each training run... this is NOT a time to try something new.
- Timing is important...you will likely be awake much earlier than a typical MIT Saturday

During

- For the Columbus Marathon & 1/2 Marathon there are 18 fluid stations on the course, including Gatorade Lemon Lime Endurance Formula and water
- It will also feature CLIF SHOTS (Chocolate, Citrus and Raspberry flavors) at approximately miles 8 and 17. The Citrus flavor contains caffeine
- Do not try anything new during race day; stick to your long run routine
- 30-60 grams of carbohydrate every hour plus hydration

After

- Having a meal within 30 minutes of finishing the race is key to recovery!
- 15-30 grams of protein with 60-120g of carbohydrate
 - Glass of chocolate milk and toast with peanut butter
 - Small sandwich or wrap
 - Whole wheat pancakes with scrambled eggs