

Race Day Nutrition



HEATS

30-60 mins post warm up / pre race - small carb snack (High GI)



LUNCH

Scrambled eggs on sourdough bread + fruit juice



FINAL SWIM

30-60 mins post warm up / pre race - small carb snack (High GI)



DINNER

1 fist of protein, x3 fists of carbohydrate, x1 fist of vegetables



BREAKFAST 2-3 HOURS PRE RACE

x3 weetabix with milk and 1tbsp honey



POST HEAT

Portion of carbohydrate and protein



PRE FINAL SWIM 2-3 HOURS PRE RACE

Substantial carb rich snack



POST FINAL

Portion of carbohydrate and protein



PRE BED

200g Greek yogurt with berries and honey



Other substantial carb snacks
- Make in the microwave or with the hotel kettle!



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