



Race Day Nutrition Prep Sheet

Breakfast

Time				
Carb				
Protein				
Fat				

Pre Swim

Time				
Carb				
Protein				
Fat				

Bike - Per Hour

Bottle	1st hour	2nd hour	3rd hour	4th hour	5th hour	6th hour	7th hour
Carb							
Sodium							
Protein							

Run Per Hour

Bottle	1st hour	2nd hour	3rd hour	4th hour	5th hour
Carb					
Sodium					
Protein					