

Diet for Endurance Training Days Lasting Longer than 1 Hour.

← Training
Competing →



The Day Before



Four Hours Before



Two Hours Before



1 Hr Up to the Start



During the Race



The Finish and Post Race

<p>Fluids:</p> <p>8 8oz. Servings of Water. No alcohol within 6 hrs of training. 2X more water than alcohol.</p>
<p>Carbs:</p> <p>65% of total calories. Actual amount dependent upon weight.</p>
<p>Protein:</p> <p>1.2 gm / Kg of Body Weight.</p>
<p>Fats:</p> <p>20-25% of total calories. Actual amount dependent upon weight.</p>



	The Day Before	Four Hours Before	Two Hours Before	1 Hr Up to the Start	During the Race	The Finish and Post Race
Fluids:	Milk; H2O; Coffee / Tea; 1 qt. Sports Drink with protein through-out the day.	Milk; H2O; Coffee.	EAT LIGHT!! Water – 16 oz.; Skim Milk; Juice; Sports Drink.	Sports Drink with Protein; Water 8-16 oz.	4 oz / hr (1 gulp = 1 oz)	16 oz H2O; Sports Drink; Endurox (carb with protein drink).
Carbs:	Pasta; Whole Grains (2/3 Plate); 6 – 9 Servings of Fruits & Veggies.	Whole Grains; Waffles; Pancakes; Rolls; Hot/Cold Cereal; 2 – 3 Servings of Fruits & Veggies.	Eat Light!	Gu; Sports Gel; Banana.	22 gm / hr	50-70 gm in 30 min ½ cup raisins; Endurox; Sports Drinks; Sports Bars.
Protein:	Chicken, Beef, (1/3 Plate) 1.2 gm / Kg of Body Weight; Almonds; Peanuts.	Peanut Butter; Protein Shakes.	Eat Light!	5 gm Protein Per 22 gm Carbs.	5 gm / hr (For events longer than 1 hour.)	1 cup Yogurt; 3 oz meat.
Fats:	Less than 30 gm.	Less than 30 gm.	AVOID!	Zero.	Zero.	Minimal.

Nordic Ski Racers, don't let your energy reserves go downhill!

*** It takes 3 gms of Carbohydrates along with water to restore 1 gm of glycogen!***