



Race Fuelling Plan

Race- _____

Race Date- _____

Race Goal- _____

How long will the event be?

Min Race Time- _____ Max Race Time- _____

CHO Replacement

Are you aware of your personal burn rates of glycogen for your desired pace/intensity?

How many calories/grams of glycogen do you need for Max Race Time?

What is your personal ingestion rate? Ingestion Quantity _____ Ingestion Time Interval _____

Fluid and Electrolyte

Are you aware of your personal sweat rate?

How many litres of fluid will you need to consume for Max Race Time?

How many mg of electrolyte will you need to consume for Max Race Time?

What is your personal ingestion rate? Sip Quantity _____ Sip Time Interval _____

Carrying Your Fuel and Hydration

What is your personal preference for Electrolyte, CHO Gel and fluid CHO Replacement? (Have you previously tried and tested this product at the volume and time intervals that you plan to use?).

Do you have the opportunity to pick up fuel on the way (transition or aid stations)?

How are you going to carry your Fuel?

Make a list of the products and the volume that you will need for your maximal potential time.

Fluid- Water	Fluid- CHO Isotonic Sports Drink	Glycogen	Electrolyte	Solid Foods