

## TRAINING TIP #23 EVENT NUTRITION

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As you get close to your Susan G. Komen 3-Day® event your body will need food and fluid. Food is fuel and carbohydrates such as breads, pasta, cereal, fruits and vegetables are the primary source for your muscles during exercise. Fluids are needed to decrease risks of dehydration and heat illness and replace those lost during exercise.

### **Pre-Event:**

- Do not make major changes in your diet the week before the event.
- Try out different foods during your training walks to see if they upset your stomach.

### **Three days before the walk:**

- Eat foods high in carbohydrates and balanced in protein and fat content.
- Avoid high fat foods which may cause bloating and give a feeling of sluggishness.
- Be sure to drink an extra 8 glasses (64 ounces or 2 quarts) of fluid during the 24 hours before the event or a long training walk.

**During the event:** Eat small amounts of carbohydrate every hour. The average person burns 100 calories/mile; this is equal to one small apple, a small box of raisins, 1/2 of a banana, 16 ounces of sports drink or 3/4 of an energy bar. Monitor your fluid intake. Drink when you are thirsty and make sure you are urinating at every pit stop. Drink a combination of water and sports drink.

**Post-event:** Consume carbohydrate-rich foods during 1 to 4 hours after your long walks to replace your muscle glycogen stores and prevent next day fatigue. Drink a combination of water and sports drink to replace fluid lost during exercise.