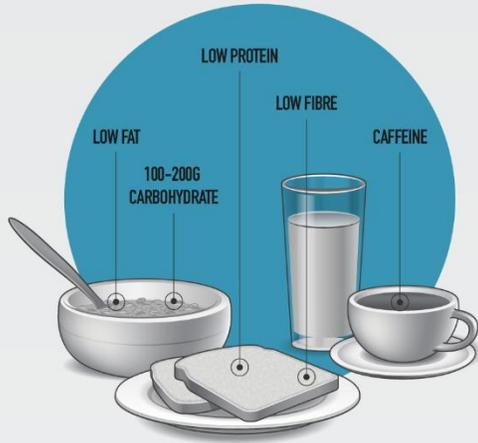


GUIDES & GUIDANCE

## Breakfast on Race Day

Eating the right foods, practicing your breakfast and developing a routine can help you be confident on your big day

### BREAKFAST ON RACE MORNING



### PRACTICE

Eat your pre-race meal once or twice per week



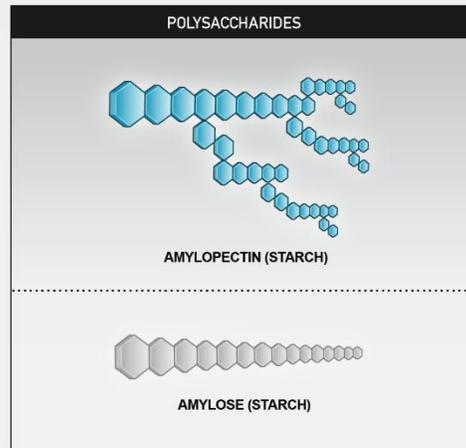
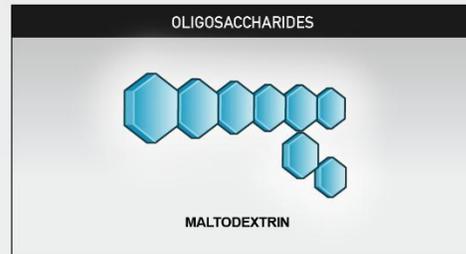
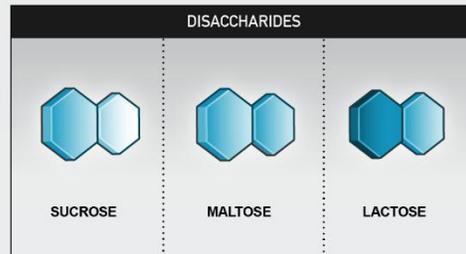
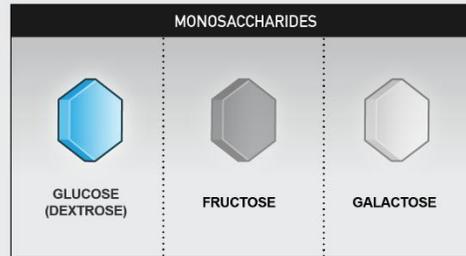
### DEVELOP A ROUTINE

Stick to a plan that works for consistent results

GUIDES & GUIDANCE

## Not All Carbohydrates are Equal

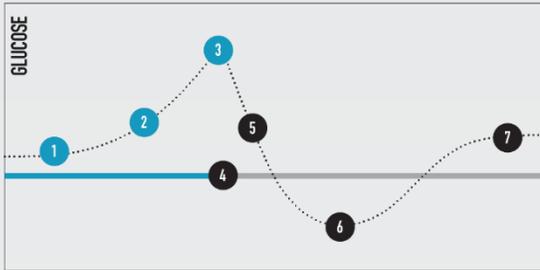
When ingested during exercise, some carbohydrates are used fast (blue) and others slow (gray)



GUIDES & GUIDANCE

## Should I Eat or Drink Before My Race?

Eating in the hour before was said to be detrimental to performance, but research shows otherwise



CARBOHYDRATE INGESTED



GLUCOSE STARTS TO RISE

GLUCOSE PEAK  
45 min

GLUCOSE INTAKE

Glucose ingestion in the hour before may cause hypoglycemia and although this is unlikely to affect performance, it can be prevented by eating much earlier before (2-3h) or 5-10 min before the start.



EXERCISE STARTS

BLOOD GLUCOSE DROPS RAPIDLY



HYPOGLYCEMIA DEVELOPS



GLUCOSE RECOVERS

NOTE

- Symptoms may or may not develop
- Studies show no effect on performance

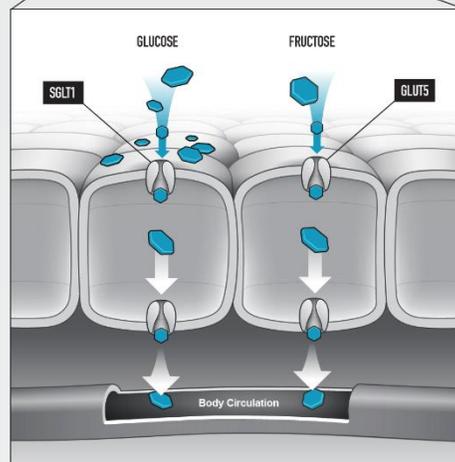
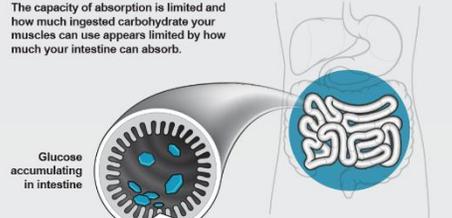
GUIDES & GUIDANCE

## What are Multiple Transportable Carbohydrates?

Using the right combination of carbohydrates can improve energy delivery to the muscle

ABSORPTION OF CARBOHYDRATES

The capacity of absorption is limited and how much ingested carbohydrate your muscles can use appears limited by how much your intestine can absorb.



BETTER PERFORMANCE WITH CARB BLENDS

Carbohydrate during exercise improves endurance performance (>2.5h)  
Glucose and fructose mixes improve performance even more.

