

SSDL

RACE DAY



FUELLING

TIMELINE



NIGHT BEFORE

Race Day Plate, Tart Cherry Juice

BREAKFAST BEFORE

Race Day Plate, Pre-Load Electrolytes

30-60 BEFORE EACH RACE

Quick Carbs, Sips of Fluids

AFTER EACH RACE

Sips of Fluids, Carb Rinse* (Back-To-Back)

AFTER EACH SESSION

Protein + Carb Recovery Snack

BTW PRELIMS & FINALS + AFTER FINALS

Race Day Plate

BEFORE BED

Casein* + Tart Cherry Juice



NOTES

*Carb Rinse --> swish sports drink with sugar and spit
like mouthwash

*Casein --> milk, ultra-filtered milk, greek yogurt,
cottage cheese

Dairy Free options: soy milk, vegan protein blend

RESOURCES

Performance Plate Method

Monitoring Hydration Status

The Juicy Details

Fast vs. Slow Carbs

Recovery Cheat Sheet

Supplement Suggestions by Brand

