

Nutrition Planning for  
Race Day ☺



Dinnertime: \_\_\_\_\_

Dinner:

Snack:

Bedtime:

Wake-up: \_\_\_\_\_

Breakfast:

What—

Time—

To Transition Area:

Eat/Drink during set up:

Eat pre-swim:

Swim-time:

Transition 1 –

Estimated Bike Time:

How many calories total:

Calories/hour:

Bike Plan

Transition 2—

Estimated Run Time:

How many calories total:

Calories/hour:

Run Plan

Post Race Plan—what to eat in the 30 minutes post finish:



**USACycling**

Coaching Association

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