

formal race plan for race Sprint

1. Daily Carbohydrate, Protein, and Fluid needs leading up to the race based off of recommendations

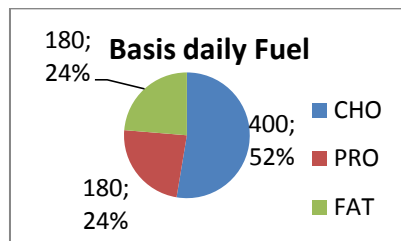
My Physical Activity = 4 days a week Training HIIT +Endurance (60-90 Minutes of Activity)

Plan of daily caloric intake

Carbohydrate = $5g \times 80kg = 400$ g in carbs per day

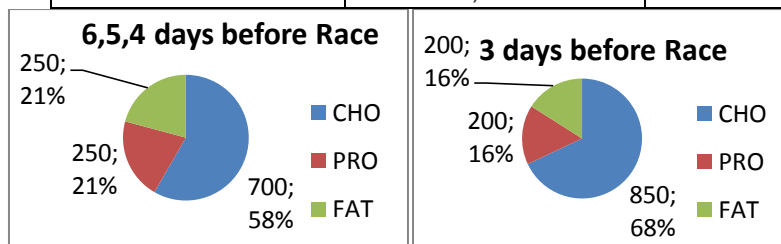
Protein = $1.7g \times 80kg = 180$ g protein per day

Fat = 180 g fat per day



Using the approach of traditional carbo Loading

For the last six days before the Race			
Daily intake	Carbohydrate	Protein	Fat
6, 5, 4 days before Race	700g per day	250 g per day	250g per day
3 days before Race	850g per day (fill up the Glycogens Reserves)	200g per day	200g per day



Fluid intake per day 90 ounces (my BW = 180 pounds / half) = **2.7 Liters per day**

2. Pre-competition meal (calculate carbohydrate needs, and sample meal, fluid)

Night before Race:

200 g Rice Basmati (cooked 52 g CHO/ 5g Protein)

150 g Zucchini (30 g CHO/12g Protein)

50 g Poultry skinless (12 g Protein)

200ml + 200 ml of Water (5ml*80kg)

And check my urine, if it's darker the yellow, I drink 150ml more.

Morning before race:

3-5 g/kg BW = 3g *80= 240 g

3-4 Hours before Competition

Banana Porridge:

100 g Oatmeal (61g CHO/13 g protein)

50 ml Low fat – milk (5g CHO)

50 ml Water

100 g Banana (20g CHO)

100 g Whole grain toast with peanut butter (50 g CHO)

Yoqua (low fat Yoghurt&quark)

400 ml water (5ml*80kg) before breakfast and an hour after breakfast another 300ml, but I check my urine if it's to clear I drink less water.

All of these Foods are easy digestible

1-2 hours before Race

3 Powerbar Ride (70g CHO)

400ml Gatorade Endurance if urine is dark if not only 200ml

1-2 salt tablets

3. Carbohydrate and fluid needs during (sweat test results)

During the Race

1.35 oz/min *60 Min. max= 2.4 Liters Water or sports drink like Gatorade

1 Banana (100 g) = 20g CHO

2 Sports gel Peanut Butter = 40g CHO

1-3 Salt tablets

Race Plan

a) Race pace

About 6.0 mph

b) Burpee Pace

15 Burpee per Minute

c) Race strategy

Running pace for the first 5 Obstacles @ 5.5 mph to prevent Metabolic Acidosis

Obstacles 5-10 @ 6.0 mph and the last 5 Obstacles @ 6.5-7.0 mph

4. Daily Affirmations

Remember why you start to do this

5. Race Mantra

A Spartan never Give up and surrender

6. Pre-race checklist (gear, food)

a) Adequated Footwear

Cross Shoes with protection like per ex. **Reebok All Terrain Extreme**

b) Shirts and shorts

Shirts and Shorts not loose fit and no Cotton,

Better compression shirts like dry fit or under amour but depends on Environmental Conditions
(Cold or Heat)

Short Sleeve Compression

Long Sleeve Compression

Mud Shorts

Compression Arm Sleeve

Calf Sleeves

Performance Hoodie

Hydration packs or fuel belt

Liquid Glucose

Water

c) Food and Fluid for during and after Race

d) Food for the race and after Race Meal