

XC NUTRITION & HYDRATION CHECKLIST

TRAINING DAY

Morning (1 Hour before leaving home to get to school) * *Digestion can take 45 mins before we need to use the bathroom, so wake up soon enough so you can GO before school!*

- ☐ **Hydrate Early:** Drink 16 oz of water right after waking up or with breakfast.
- ☐ **High-Fiber Breakfast:** Eat complex carbohydrates and protein.
- ☐ **Pack water bottle** and **AM snack, lunch, PM snack/post workout recovery snack**

During the School Day

- ☐ **Hydrate all day:** Sip water throughout the day. Bring 24 oz water bottle & refill.
- ☐ **Morning Snack: fruit, nuts, yogurt**
- ☐ **Low-fiber Lunch:** Eat a lunch containing ~75–125g of carbohydrates & ~15–25g of protein

Pre-Practice (60-90 Minutes Before Run)

- ☐ **Small Low-Fiber Carb Snack:** Switch to easily digestible carbohydrates to avoid cramping (e.g., a banana, pretzels, graham crackers. You could try a gel, shot blocks, fruit snacks or some pure sugar like honey for quality days to practice for race days)
- ☐ **Limit Hydration 30-60 mins before training:** Limit to only sips of water, less than 4 oz.

Post-Practice Recovery

- ☐ **Refuel Glycogen Window** (30-45 min post practice):
 - Consume a fast digesting liquid or snack with 50-75 grams carbs, e.g. chocolate milk, granola bar, banana, protein shake with carbs. Bring to practice! Your body glycogen window closes within 2 hours, so you need to replenish carbs BEFORE that time passes).
- ☐ **Rehydrate:** Drink 16-32 oz of fluids. Check your urine color—aim for pale, straw-like yellow.
- ☐ **Balanced High Fiber Dinner** (within 2 hours of practice): Eat a high fiber balanced meal.

Notes

RACE DAY CHECKLIST

Pre-Race Meal (3–4 Hours Before the Gun)

- ☐ **Familiar Fuel:** Eat high-carb (100-250 grams of carbs), moderate protein (15-25g protein), and **VERY LOW FIBER AND LOW FAT** foods to prevent stomach distress (e.g., bagels, white toast, muffin, banana, juice, drinkable yogurt, protein shake, scrambled eggs).
- ☐ **Hydrate Early:** Drink **16–32 oz of water or an electrolyte drink.**

The Final Countdown (60-90 Minutes Before)

- ☐ **Small Carbohydrate Boost:** Simple easy to digest/absorb carbs like graham crackers, fruit snacks, honey or an energy gel 60 minutes before start. Basically food that dissolves in your mouth.
- ☐ **Sip Only:** Limit intake to **4 oz of water** in the final hour to prevent stomach cramping.

Post-Race Recovery (30 Minutes to 2 hours post race)

- ☐ **Immediate Snack:** Eat an **easily absorbed recovery snack** (see above page for glycogen window) within 60 minutes of crossing the finish line.
- ☐ **Rehydration Protocol:** Slowly restore fluid balance with water over the next several hours.
- ☐ **Celebration High fiber Meal:** Eat a well-balanced, hearty meal within 2 hours of the race with Protein, Carbs and Fiber.

If you tend toward constipation, consider adding a magnesium supplement such as Calm chews, or a powder fiber supplement you mix in water. For best digestion, try moving right after a meal then aim to use the bathroom and GO after breakfast or dinner, to avoid getting backed up!

HIGH FIBER FOODS: (Breakfast and dinner)

fruits, veggies, whole grains, nuts and seeds

- Beans
- Berries
- Pears/peaches/plums
- Broccoli/cauliflower
- Peas
- Avocado
- Sweet potato
- Whole wheat bread
- High fiber cereal
- Oatmeal
- Dried fruit
- Sunflower, pumpkin, and chia seeds
- Nuts

LOW FIBER FOODS: (for lunch or pre-race)

- Sandwich on sourdough bread
- Bagel
- White tortilla, rice, pasta
- Banana, cuties, ½ c grapes, applesauce, cantalope
- Juice
- Crackers
- Cream of wheat
- Yogurt
- Milk
- Most sweet cereal, check label
- Graham crackers
- Fig bars