

Nutrition advices 7: last week before the race

Panic ? Don't panic !

Ten days left before the start... Are you ready? No?! If you are one of those persons who do thing at the last minute, or if you didn't reach the desired weight, here are some advices for you.

This last week is not the time to catch up on training, nor to compensate a disbalanced diet or several nibbling. It can be tempting to double your training load and add-up kilometers and/or restrict your meals. Unfortunately, it would probably turn out as sabotage more than as a performance enhancement. You won't become Usain Bolt without a miracle, but you can still save the day.

Escalade is a short race, so there's no need to eat kilos of pasta to overload glycogen stores the previous week. This doesn't mean the last 48 to 24 hours are not important, energetically speaking, but we will address this in our next week intervention.

Here is what you can do in the remaining time: it's the last opportunity during training to test your gear and mostly to test your digestive comfort in race-like conditions. Because it's really important not to try something for the first time during a race, try to train at the same time than the race, after eating a meal similar to the D-day last. So whenever you run at noon or at 4 pm for the Escalade, you will know that your stomach will feel good and that digestion will not be a problem.

Rely on quality and fitness

To preserve intestinal and digestive comfort, opt for meals and ingredients that you know, that are well digested, prepared and conserved with respect of hygiene conditions. Let's try to avoid any bad surprise, as well as hearty meals, important lipids intakes (yes, fondues are back!) and alcohol consumption.

If you wanted but didn't lose (enough) weight, and if you feel like restricting your intakes this week by excluding feculents, carbohydrates... well... DON'T! Of course, it would result in a weight loss, but not in a fat mass loss... It will mostly be water and glycogen loss: the same specific and wanted energy stores needed for racing. Eventually, you will lose energy, your good mood... and your race speed, resulting in a counter-productive and frustrating picture!

A good compromise is to have three regular and balanced meals, with a large portion of vegetables and whole fibers, and include an afternoon snack. This will contribute to keep the craving away and to eat accordingly with the hunger intensity.

The last but not the least... try as much as possible to relax, both mentally and physically a few days before the race. Often the benefits of starting the race with a fresh mind and a rested body is overlooked. To echo a French fable, better to start less trained but rested, than super-fit but exhausted and edgy...

Take care of yourself!

Your Alpha Nutrition team