**Refueling Protocol**

**What:** A plan to speed recovery from hard exercise by refueling muscles completely between hard workouts.

**Why:**

- Supports intense training

- Reduces recovery time

- Muscle repair and tendon growth

- Prevention of injury and illness

**Which Workouts:**

- 8 miles or longer

- 60+ continuous minutes

- Hill & speed work

- Races

**Refueling Protocol**

**Protocol:**

**1. Time Frame:** Within 30 minutes of a hard workout or race

**2. What to Eat:** Based upon body weight

- 100lb athlete - 50g carb/10g protein

- 150lb athlete - 75g carb/15g protein

**3. Drink:** 16-24 oz. of fluids per pound of sweat loss

**4. Repeat:** Another meal within 2 hours of exercise

**Recovery Food:**

*50g carbs / 10 g protein*

- Powerbar and small sport drink

- Slimfast / carnation instant breakfast

- 12 oz chocolate milk

- Bagel and peanut butter

**Eating Schedule for Morning Races**

**Racing Muscles** - Fueled by dinner and night snack



**Dinner:** Eat high carbohydrates, low fat and drink lots of fluids

- Pasta/meat sauce, salad, bread, fluids

- Chicken, potato, veggies, cookie, fluids

- 12" sub, pretzels, cookie, fluids

**Night Snack:** Essential for runners who skip breakfast

- Cereal, milk, toast

- Sandwich & banana

- Energy bar & sport drink

**Breakfast:** Fuels pre-race warm up & glycogen for racing

- Sport bar / drink

- Cereal/ toast

- Toast / fruit

**Pre-Race Eating**

Below are guidelines for timing pre-race meals. All athletes are different and our goal is to find what foods and time schedule work best to prepare for our championship meets.

**3-4 hours to race - approx. 500 calories**

- 6" sub

- Sports bar and drink

- Sandwich and cookie

(Small low fat meal)



**2 hours to race**

- Animal crackers, granola bar, bagel, banana,

pretzels, graham crackers

- Water/Sports drink

**1 Hour to Race**

- Sports drink/water

**Regional Meet Food Timeline**

**9:35 - Girls Race**

-5:15 - Wake up and shake out

- 5:30 - Breakfast

-7:15 - Final snack and fluids

- 7:30 - Depart for course

- 8:15 - Walk course & final fluids

- 8:55 - Warm up

- 9:35 - Race



**10:00 - Boys Race**

-5:45 - Wake up and shake out

- 6:00 - Breakfast

- 7:30 - Depart for course

-8:00 - Final snack and fluids

- 8:30 - Walk course & final fluids

- 9:20 - Warm up

- 10:00 Race

**Hydration**

Hydration is an important element of a successful cross country season in order for us to achieve our maximum potential and gain an advantage over our opponents.

**Body Weight Water Loss**

**2-4% - wt loss** - reduced muscular endurance time (5% performance reduction)

**4-6% - wt loss** - reduced muscular strength & endurance, heat cramps (30% reduction in performance)

**>6% - wt loss** - severe heat cramps, heat exhaustion, heat stroke, coma, death

**Before Meet / Practice**

- 2 hours - 20 oz or more of water or sports drink

**During Practice**

- 4-6 oz every 15-20 min

**After Practice/Meet**

- 16-24 oz per pound lost

- Sip fluids don't chug

- Regain at least 80% of body weight