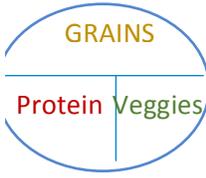


Timetable for Optimal Performance

| TIMING | FOOD | FLUID |
|--|---|--|
| <p>2-4 HOURS BEFORE EVENT</p> | <p>Eat a pre-event meal</p> <p>Athletes Plate</p>  | <p>Drink 2-4 cups fluid (17-34 oz.)</p>  |
| <p>1-2 HOURS BEFORE EVENT</p> | <p>Eat a pre-event snack</p> <p>Fresh fruit, peanut butter & honey on toast, fruit & yogurt smoothie, bread, crackers</p>  | <p>Drink 2-4 cups fluid (17-34 oz.)</p>  |
| <p>0-1 HOUR BEFORE EVENT</p> | <p>Option 1 (If food tolerated)</p> <p>Snack on low-fiber, starchy foods such as pretzels & crackers (every 15 minutes), with plenty of water leading up to event.</p> | <p>Option 2 (If food NOT tolerated)</p> <p>SIPPING STRATEGY: Drink 2-4 oz. (1-2 mouthfuls) of carbohydrate-containing sport drink, every 10-15 minutes leading up to event.</p> |
| <p>EVENT TIME</p> | <p>Eat at half-time and breaks, if possible</p> <p>Watery fruits such as oranges, grapes and watermelon. Banana, bread w/ jam or honey, gels, bars.</p> | <p>Drink 5-12 oz. carbohydrate & electrolyte containing sports drink, every 15-20 minutes as tolerated</p>  |
| <p>0-1 HOUR AFTER EVENT</p> | <p>Eat a post-event snack</p> <p>Fresh fruit, fruit smoothie w/ protein powder, hummus & pita, sandwich, bagel, cereal, 100% fruit juice, pretzels</p>  <p>Glycogen window Eat something! <i>Mostly Carbs, Some Protein</i></p> | <p>Drink 2-3 cups (16-24 oz.) fluid per pound of body weight lost during event, over several hours</p> <p>Drink adequate fluids to replace sweat losses during event.</p> |



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