

Endurance Nutrition Calendar & Cheat Sheet

When	Nutrition Focus	Carbohydrates	Protein	Fats	Hydration
3 weeks out	- Start to trial your event day nutrition - Test gels, bars and drinks to see how your body tolerates them	5-7g carbohydrate/kg body weight/ day	1.2-1.8g per kg body weight per day	20-30% of total intake (healthy fats)	Replace water lost through sweat, introduce electrolytes.
2 weeks out	- Carb loading begins, Increase glycogen stores - Carb load with easy-to-digest foods	7-12g/kg/day for longer training periods (10-15 hours per week)	1.2-1.8g per kg body weight per day	20% of total intake (moderate fats)	Replace water lost through sweat, this will depend on training length and humidity Maintain electrolytes
1 week out	- Carb loading, tapering training, recovery focus - Reduce fibre intake - Expect a weight gain of 1-2kg due to the weight of extra glycogen stores and water. - Focus on sleep and recovery.	7-10g/kg/day	Start to reduce protein and fat intake as carbohydrate intake goes up. 1.2-1.6g per kg body weight per day	15-20% of total intake (lower fat)	Replace water lost through sweat, this will depend on training length and humidity Maintain electrolytes

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Event week	- Final carb loading and hydration - Rest and recovery - Eat a carb-heavy dinner 3-4 hours before race day.	7-10g/kg/day for three days before the event Focus on carbs lower fibre	Reduce protein further and let carbohydrates take up around 70% of your nutrition.	10-15% of total intake (low fats)	Replace water lost through sweat, this will depend on run length and humidity Maintain electrolytes
Event day	- Fuelling during the race for optimal performance. - Pre-race meal 3-4 hrs before. - Eat carbs every 30-60 mins - Post-race meal 30-60 mins after.	Pre-event: 1-2g carbs per kg body weight During the event: 30-60g carbs per hour to prevent muscle fatigue and support endurance (and concentration!)	Keep moderate intake during the event and consume more towards the end to avoid muscle breakdown Aim for 0.25g of protein per kg of body weight per hour	Low fats (focus on carbs)	Hydrate with water and electrolytes during the event No new gels or drinks introduced, keep to your plan as per training.
Post event	- Protein will help with muscle repair. - Eating healthy fats like salmon or nuts may help to reduce inflammation - Focus on hydration to help replenish fluid loss and electrolytes	Consume approximately 30-60 grams of carbohydrates after the event to support energy stores.	Aim for 20-25g of high quality protein post run	Incorporate a moderate amount of healthy fat with your post recovery meal.	Keep hydrating with fluid and electrolytes and aim to replace 125 - 150% of your estimated fluid loss.

See what 30g of carbohydrates
and 30g of protein look like for training,
race day, and recovery

Note: Remember to calculate your own carbohydrate and protein requirements, based on your individual needs

Keep in mind 🧠

Fueling for endurance isn't the same as everyday healthy eating! Your body needs more carbs, strategic protein, and optimised hydration to power through training and your event day.

Training		Race Day		Recovery	
Carbohydrates	Protein	Carbohydrates	Protein	Carbohydrates	Protein
1 medium banana + 150gm plain yoghurt	1 small chicken breast (120g)	1 slice white bread with jam (pre-race)	1 scoop BCAA drink (optional for during ultra events)	1 medium sweet potato	2 boiled egg + 100g smoked salmon
1 slice wholegrain toast + 1 tbsp jam	150g Greek yoghurt + 10 almonds	1 small handful of dried fruit (pre and during race)	200ml high-protein milk or yoghurt pouch (optional for during ultra events)	2 medjool dates	150g cottage cheese + ½ tbsp peanut butter
½ cup cooked oats + ½ tbsp honey	1 scoop whey protein (30g) + milk	1 sports gel (25-30g carbs) (during race)	1 low fibre protein bar (optional for during ultra events)	1 cup cooked rice	100g lean beef mince or 1.5 cups tofu