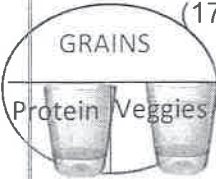







## Timetable for Optimal Performance

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