

# Feeding

The topic of feeding during races can raise medical issues such as what, when, and how often. There are as many theories as to the best approach as there are athletes and coaches but some basic principles apply to all.

# Feeding

- Rule #1 – The longer the race, the more frequently the athlete should feed to sustain 'fuel in the tank'. Frequencies of every 15 – 20 minutes are not uncommon.
- Rule #2 – The longer the race, the earlier the athlete should feed.
- Rule #3 – Plan the feeding what, where and how, remembering the 3 G's.

# Feeding

- Grab
- Gulp
- Go



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- Rule #4 – Use timed intervals for feeding not demand intervals. Once the athlete knows that they need food or water it is too late.
- Rule #5 – The fuel that you consume will not be available immediately. Thus, plan the sequence of feedings i.e. carbs early in the race with more water later. Some athletes prefer their carbs in gel or solid forms.

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- Rule #6 – Practice feeding! The athlete needs to be accustomed to taking in nutrition during practice/races as well as working with feeding techniques with a feeding extension device. The feeding station may be a dock or boat (stationary or moving).



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- Rule #7 The athlete selects the flavors and brings them to the competition.
- Rule #8 The temperature of the fluids is a mirror image of the environmental temperature.
- Rule #9 Nothing replaces proper hydration and nutrition prior to the start of the race. If the fuel tank is low prior to the start you cannot catch up to your needs during the race.

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- Rule #10 - Coaches may not consume the nutrients until the athlete is finished!