



RACE DAY NUTRITION PRINCIPLES



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THE NAKED WARRIOR

Quality nutrition and hydration is essential on race day to ensure a driver can perform at their maximum and fueling correct will aid in fighting fatigue, loss of concentration and reduced reaction times.

At base level, the fundamental principles of nutrition should be covered during a race season and maintained closely during any down time. By having adequate nutrition that gives the body what it needs you will perform better during your pre season training and also during racing. To maximise your performance and results, you will want to ensure you put quality nutrition into your body, just as you would fuel your car.

Your focus should be on getting the basics set first and follow the principles of a healthy balanced diet which include eating the following:

- plenty of fruit and vegetables
- plenty of starchy carbohydrates such as bread, rice, potatoes and pasta. Choose wholegrain varieties wherever possible
- some milk and dairy products
- some meat, fish, eggs, beans and other non-dairy sources of protein
- only a small amount of foods and drinks high in fats and/or sugar.

Drivers use nutrition to promote optimal body composition and strength, strong immune system and energy levels.

Hydration:

In the days leading up to a race, it is important to drink adequate amounts of fluid so the body is fully hydrated in race day. Drivers must be able to withstand intense heat during races therefore hydration pre and post race is essential to maintain concentration and promote faster recovery. A driver will be exposed to heat through the race suit, heat of the car as well as the climate they are in.

On race day, drink 500ml 2 to 3 hours prior to the race and then sip equivalent to a glass of water leading up to the start time, once finished drink 1.5lt for every litre lost as sweat (i.e for every kg weight loss). Ideally fluid intake should be water mixed with electrolytes, sports drinks are good and can be more palatable.

It is important to understand that dehydration leads to reduced cognitive function so reaction times and focus is not as acute which could result in poor overtaking choices and dangerous decisions on track.





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Race Day:

During a race event, depending on length of the race, energy consumption can be very high. Some days at the track are long and the actual driving is demanding so sufficient and appropriate energy intake during the day is required. Planning ahead is essential and highly recommended to optimise performance and provide adequate energy in the car when it matters. Meal timing is crucial so the driver feels energised at the right times and portion sizes should become smaller closer to the race.

Breakfast:

- Porridge, with berries, nuts and honey plus protein shake
- Scrambled egg or 3 egg omelette with spinach and slice of wholegrain toast
- 0.5l water + optional coffee

Pre-Race:

- Light snack – banana, protein bar, Greek yoghurt with walnuts and honey or apple and almonds
- 0.5l-0.75l of water with electrolytes

Post-Race:

- Protein shake, banana and 0.5l – 1.0l of water with electrolytes

Lunch:

Depending on race time during the day, lunch should be light, easily digested and have a low GI to avoid blood sugar spikes. The focus here is refuelling, especially if there has been practice session in the morning.

- Chicken salad with quinoa or wholegrain rice
- Tofu, avocado and tomato salad with quinoa
- Ham salad wholegrain wrap with hummus

Dinner:

After a long day on the track, it is vital the body is rested and a balanced meal consumed to aid recovery. Protein is essential for muscle regeneration and carbohydrates for replenishing energy stored. Vitamins and minerals essential for health, cognitive function and focus can be found in vegetables and good sources of fat.

- Salmon, green vegetables with sweet or mash potato
- Vegetable or Beef chilli with wholegrain rice
- Chicken noodle stir fry

Ensuring you have quality nutrition allows you to support the levels of strength, fast reflexes and cardiovascular fitness required for the development of technical skills in a good driver. Nutrition will also support optimum performance on race day, followed by rapid and effective recovery.