

XC Team - Drinking, Eating and Sleeping

Drinking-The runners are going to lose a lot of water during practice. Coming to practice well hydrated and replacing fluids afterwards is a must!

Before- It's best to drink 2 cups 90 mins. before practice or a race warm-up. Drinking should stop 20-30 mins. before race time so that they do not get a cramp. Water or other non-caffeinated fluid is best before running. Of course, the runners should be drinking at breakfast, lunch and throughout the day.

During- We will stop at drinking fountains on long hot days and drink during track workouts at the track on hot days. A water bottle at the track helps get this done quickly.

After- Athletes need to drink a lot after running in order to at least replace what they've lost- if they lose 3 1/2 lbs. that's 2 quarts. Water is fine after running. An electrolyte drink like Gatorade can help replace sodium after a hard workout, race or long run. They should drink right when they get home and throughout dinner in frequent small amounts. Then they should have a glass with them while doing homework.

Eating- Having the energy to compete, refueling after and doing it at the right times will give us an edge and keep everyone healthy and comfortable.

Before- It's best to eat 3-4 hours before practice or a race warm-up. This amount of time lets digestion finish and ensure they don't get a cramp. Some runners with a quick metabolism may need a snack closer to exercising. A plain lunch (not a BigMac or Taco Bell) will prevent stomach issues while running. For a morning race, a small amount 2 hours before should be adequate in the form of a carbohydrate like toast or bagel or protein like egg or a protein bar (Balance) depending on what works best for the individual. For an afternoon race a small simple meal like a PB&J or turkey sandwich is a safe choice. An athlete might need to experiment a bit to see what works best for them in terms of digestion and pre-race nerves.

Immediately after- A carbohydrate snack consumed within 30 mins. after practice or a race will allow the body to start the recovery process sooner. A protein snack immediately after practice or a race may help the muscles to rebuild. A combination snack may be best.

After- Runners should eat a carbohydrate-rich meal within 2 hours after practice or a race. They should be eating a lot of calories to replace what they will be burning while running. A normal well balanced diet is perfect. Sufficient protein, fat and iron and calcium (in girls) are important.

Post practice/race snack ideas:

- granola, energy or breakfast bars
- bagel with peanut butter
- crackers with cheese
- fresh fruit like apples, bananas, oranges, grapes with yogurt
- vegetables such as carrots and celery with cheese or peanut butter
- fruit smoothies (prepackaged)
- rice cakes
- trail mix
- chocolate milk

Sleeping

They should be sleeping 8 hours (or more) especially 2 nights before racing. Sleep significantly affects race performance. Doing hard workouts while being sleep deprived will, of course, affect everything they do. We will be on the look-out for stressed out students and control the amount of running they do that day.