Step-by-Step Guide to Developing Your Race Fueling Plan

STEP ONE: DEFINE YOUR CARB, FLUID, AND SODIUM TARGETS

Defining your carb, fluid, and sodium targets for the bike and the run. Carbohydrate targets will be based on race duration. Fluid and sodium targets will be based on your individual physiology.

	Carbs	Fluids	Sodium
Bike Targets	g of carbs per hour	ounces per hour	mg per 24 ounces of fluid
Run Targets	g of carbs per hour	ounces per hour	

STEP TWO: IDENTIFY YOUR CARB, FLUID, AND SODIUM SOURCES

Next, identify your primary fueling, hydration, and electrolyte sources for the bike and the run. Using nutritional labels for each product, note the carbs, fluids, and sodium provided per serving for each source.

BIKE	Serving Size	Carbs / Svg	Fluids / Svg	Sodium / Svg
Source #1		grams	ounces	milligrams
Source #2		grams	ounces	milligrams
Source #3		grams	ounces	milligrams

RUN	Serving Size	Carbs / Svg	Fluids / Svg	Sodium / Svg
Source #1		grams	ounces	milligrams
Source #2		grams	ounces	milligrams
Source #3		grams	ounces	milligrams

STEP THREE: QUANTIFY YOUR CARB, FLUID, AND SODIUM INTAKE

Determine how many servings of each source you'll consume per hour and calculate totals for carbs, fluid, and sodium intake from each source. Compare your calculated totals to your targets for carbs, fluids, and sodium.

We look at sodium intake per 24 oz of fluid (per standard-issue bike bottle) and not per hour, so you'll need to do a little math: Planned hourly sodium intake / Planned hourly fluid intake = Planned sodium concentration. If planned sodium concentration is per something other than 24 oz, multiply planned hourly sodium intake by 24 and divide by planned hourly fluid intake to adjust the ratio.

BIKE	Servings/Hr	Carbs/Hr	Fluids/Hr	Sodium
Source #1		Servings * g	Servings * oz	Servings * mg
Source #2		Servings * g	Servings * oz	Servings * mg
Source #3		Servings * g	Servings * oz	Servings * mg
TOTAL		grams	ounces	mg / 24 oz
Target		grams	ounces	mg / 24 oz

RUN	Servings/Hr	Carbs/Hr	Fluids/Hr	Sodium
Source #1		Servings * g	Servings * oz	Servings * mg
Source #2		Servings * g	Servings * oz	Servings * mg
Source #3		Servings * g	Servings * oz	Servings * mg
TOTAL		grams	ounces	mg / 24 oz
Target		grams	ounces	mg / 24 oz

STEP FOUR: ADJUST SOURCES AND/OR SERVINGS, RE-CALCULATE, AND COMPARE AGAIN

If your calculated totals do not align with your targets for carbs, fluids, and sodium, it's time to make some adjustments. Add sources to fill gaps, adjust servings if needed, and compare again. Repeat until your totals align with your targets.