Fueling and Hydration Plan Worksheet

Unlocking Triathlon • Alison Freeman

Race or Workout and Expected Total Duration

Pre-Race Fueling and Hydration (Before)

Notes

The Week Before the Race

Fueling

Hydration

The Day Before the Race

Fueling

Hydration

The Morning of the Race

Fueling

Adapted from *Unlocking Triathlon: Training Plans and Coaching Support for a Confident Race Day.*

Fueling and Hydration Plan Worksheet

Hydration

In-Race Fueling and Hydration (During)

Sports and durations

Fueling and hydration requirements for each sport

Sport 1

Sources

Total Hourly Fueling and Hydration by Source

Total Hourly Fueling and Hydration by Type

Carbs

Fluid

Sodium

Sport 2

Sources

Total Hourly Fueling and Hydration by Source

Total Hourly Fueling and Hydration by Type

Carbs

Fluid

Sodium

Fueling and Hydration Plan Worksheet

Sport 3

Sources

Total Hourly Fueling and Hydration by Source

Total Hourly Fueling and Hydration by Type

Carbs

Fluid

Sodium

Post-Race Fueling and Hydration (After)

Fueling

Hydration