



Crystal Palace Triathlon - Pre-race day newsletter

Lucozade Sport Top Tips

Fluid and fuel loss are major causes of fatigue when exercising, ensure you plan your nutrition and hydration strategy for race day to ensure you perform at your best. Here are a few top tips for race day:

- Drink plenty of fluids to ensure your body is properly hydrated in the lead up to race day.
- Your race day breakfast is very important – cereal, toast, porridge, fruit and juice are all high in carbohydrates, low in fat, and provide slow release energy.
- Don't try anything new on race day.
- Pack your kit bag the night before.
- Keep yourself hydrated by drinking small amounts regularly on the way to the start line.

Lucozade Sport products can help you to stay fuelled and hydrate before, during and after training and racing, choose your training partner....

Hydration

Hypotonic drinks, like **Lucozade Hydro Active** are designed to replace the fluid and essential salts you lose when you sweat quickly and effectively to help you stay hydrated without the calories for shorter runs lasting less than 1 hr.

Isotonic

Isotonic drinks, like **Lucozade Body Fuel** are formulated to replace the electrolytes lost when sweating and contain carbohydrate to top up muscle glycogen that is used when exercising for more than 1hr.

Caffeine

Caffeine has recently been added to some isotonic sports drinks, like **Lucozade Sport with Caffeine Boost**, to help focus your mind and reduced your perceived exertion before endurance events or shorter events that require high intensity bursts of speed. You should consume caffeine one hour before the start of your training/race as this is the approximate time it takes for caffeine to peak in the bloodstream.

Discount

Crystal Palace Triathlon entrants are entitled to a 20% discount on all online purchases of Lucozade Sport, at www.lucozadeshop.com. Just enter code **TAE28** every time you shop at lucozadeshop.com for 20% discount on your entire basket.

For more nutrition and hydration advice, please go to www.lucozadeshop.com.