

The fuel your body needs to help prevent muscular and mental fatigue. The ability to concentrate & minimising the effects of dehydration during a race meeting can make all the difference towards the end of the event. For larger races & even club days you should plan your hydration. An example of this might be:

Drinking 2-3 litres of water per day week leading up to your event

Drink 2-3 litres of water for the day keeping your levels topped up between races • Drinking sports drinks is ok but limit them to 1-2 a day.

• NOTE SOFT DRINKS CONTAINING CAFFEEN OR HIGH IN CARBOHYDRATES ARE NOT GOOD CHOICES ON RACE DAYS TO HELP MAINTAIN GOOD HYDRATION LEVELS.

A good eating plan leading up and during race meetings is just as important for energy levels and recovery between heats. Thinking ahead and preparing a range of food and snacks just as you would prepare your kart (you wouldn't leave your tools at home would you). Here is a guide for some healthy ideas to preparing your driver on leading up to race days.

Breakfast

- Cereal with low fat milk • Wholemeal Toast or pancakes or muffins
- Spaghetti or baked beans • Small Yogurt • Eggs preferable poach • Juice • Fruit banana or apple

Snack

- Muesli Bar • Piece of fruit • Pikelets

Lunch

- Wholemeal sandwich with Ham and cheese • Small can of tuna • Vegemite or honey sandwich Snack • Packet soup with wholemeal bread

Dinner

- Fish with salad and baby potato's • Steak with mash and veg • Lasagne/Wholemeal pasta with salad • Chicken with salad and Idaho potato's • Fish with salad and oven baked chips not fried • Turkey with roast potato salad and cranberry sauce

These are just a start and can be mixed up for your liking do some experimenting keeping healthy choices in mind.

Wherever possible, try replacing white bread/ white muffins with the wholemeal variety. This will allow the carbohydrates to be released over a slower period. This can also be done with brown rice and wholemeal pasta.

Timing for eating through the day is very important. Try eating snacks and lunches at least 30minutes prior to your race. Being a racer myself, I know how busy it gets during race day, so prior preparation of your food for the day will help save time.