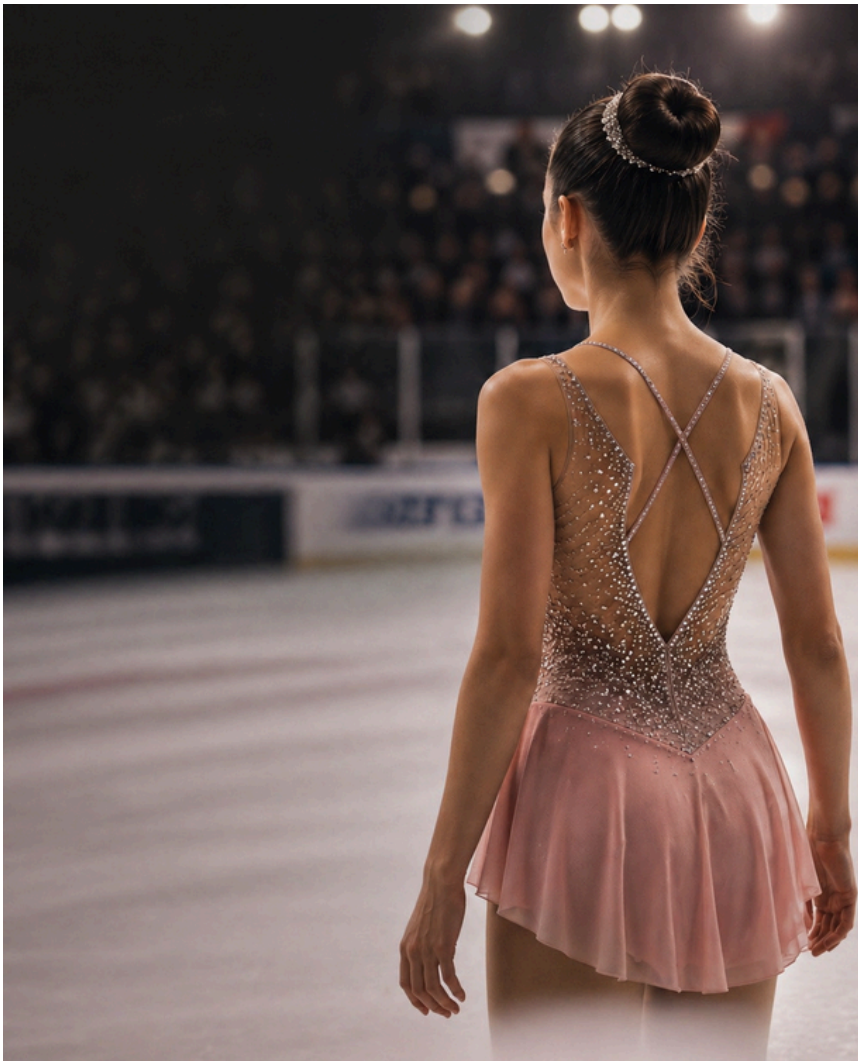


COMPETITION DAY FUELING PLAN

FUEL LIKE A SKATER

ISSUE 8 | 04/27/2026



"UNDER-FUELING LEADS TO PERFORMANCES THAT DON'T REFLECT YOUR TRUE ABILITY."

3-4 HOURS BEFORE YOUR EVENT:

This is your main pre-event meal. This sets the foundation for your performance. It should be balanced but carb-focused.

Examples:

1. Rice + chicken + small amount of veggies/ fruit
2. Oatmeal + banana + a bit of nut butter
3. Toast + eggs + fruit
4. Bagel with turkey + small yogurt + banana

1-2 HOURS BEFORE YOUR EVENT:

Here we are going to "top off" energy. Keep it lighter and easy to digest. This can prevent that mid-skate energy drop.

1. Applesauce + granola bar
2. Banana + crackers
3. Yogurt + honey
4. Rice cakes + turkey slice

NOTES TO CONSIDER:

1. Hydration: Oftentimes the cold rink environment will blunt and reduce thirst. *(Even small amounts of dehydration stimulate fatigue and poor focus.)*
2. If appetite is LOW: lean into liquid carbs like smoothies and drinkable yogurt.
3. Avoid high fat and fried foods
4. Keep foods familiar and simple

*Visit fuelyourcomeback.com to request a custom fueling strategy for your schedule, body, preferences and events

20-30 MIN BEFORE YOUR EVENT:

Optional - but helpful if nerves or long wait times are involved.

Quick carbs only:

1. applesauce pouch
2. some gummies
3. half a banana
4. dried fruit (mango, dates)
5. rice cakes + jam