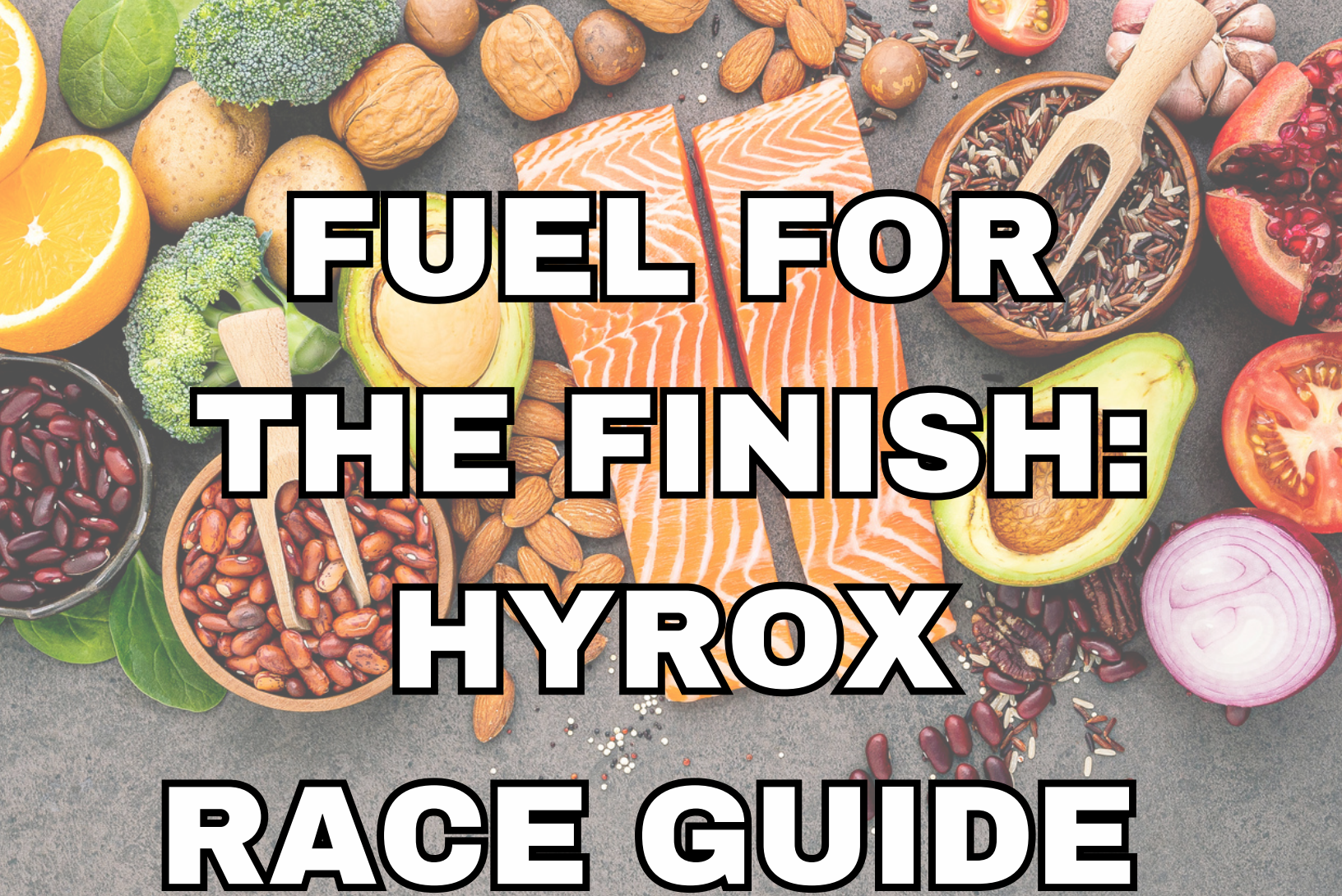




FUEL FOR THE FINISH: HYROX RACE GUIDE

H Y R O X



THE WORLD SERIES OF FITNESS

BEST ON THE GO SNACKS



Popcorn
(carbs + fiber)



Hard boiled eggs
(protein)



Trail mix
(carbs + fat+ protein)



Granola bar
(carbs +fat)



Protein Smoothie
(carbs + protein)



Banana+ PB
(carbs +fat)



Cheese + crackers
(protein + carb)



Beef jerky
(protein)



Apple+ Pb
(carbs + fat)



Bagel + cream cheese
(carbs +fat +protein)



String cheese
(protein +fat)



Nuts
(protein+fat)

Swipe





BREAKFAST

Egg White Grilled
31 Carbs, 27 Protein, 7 Fat

Greek Yogurt Parfait
35 Carbs, 14 Protein, 9 Fat
Bacon, Egg & Cheese Muffin
31 Carbs, 16 Protein, 12 Fat

SIDES

4 Chick-N-Minis
37 Carbs, 19 Protein, 14 Fat

Superfood Side
17 Carbs, 4 Protein, 8 Fat

Fruit Cup
12 Carbs, 0 Protein, 0 Fat

Small Fry
33 Carbs, 4 Protein, 14 Fat

LUNCH/DINNER

Chick-fil-a Nuggets (6 ct)
8 Carbs, 20 Protein, 9 Fat

Grilled Nuggets (8 ct) 1
1 Carbs, 25 Protein, 3 Fat

Grilled Nuggets (12 ct)
2 Carbs, 25 Protein, 4.5 Fat

CharGrilled Chicken Sandwich
41 Carbs, 28 Protein, 6 Fat
Cobb Salad w/ Grilled Nuggets
21 Carbs, 40 Protein, 20 Fat

Grilled Market Salad w/ Grilled Filet
25 Carbs, 28 Protein, 12 Fat

Grilled Market Salad w/ Grilled Nuggets
25 Carbs, 32 Protein, 13 Fat

Cup Of Chicken Tortilla Soup
36 Carbs, 22 Protein, 10 Fat





BREAKFAST

Egg McMuffin
29 Carbs, 17 Protein, 12 Fat

Egg White Delight
29 Carbs, 17 Protein, 8 Fat

Fruit & Yogurt Parfait
40 Carbs, 3 Fat, 6 Protein
"keep in mind this has a lot of added sugar"

Fruit & Maple Oatmeal
58 Carbs, 5 Protein, 4 Fat

Sausage McMuffin
28 Carbs, 14 Protein, 25 Fat

Sausage Burrito
26 Carbs, 13 Protein, 16 Fat



LUNCH/DINNER

Cheeseburger
33 Carbs, 15 Protein, 12 Fat

Artisan Grilled Chicken Sandwich
43 Carbs, 33 Protein, 6 Fat

Chicken McNuggets (6)
18 Carbs, 13 Protein, 18 Fat

Southwest Grilled Chicken Salad
(no dressing)
22 Carbs, 33 Protein, 11 Fat

Newman's Own Balsamic Vinaigrette
5 Carbs, 0 Protein, 1.5 Fat

SIDES

Small Fry
29 Carbs, 3 Protein, 10 Fat





Chipotle is the perfect place to eat at and create a macro-friendly meal that fits your day! It's a great option if you're out and about and need some fuel. I suggest using their nutrition calculator: [Chipotle.com/nutrition-calculator](https://chipotle.com/nutrition-calculator)

GENERAL TIPS

Always opt for brown rice

Skip tortilla and load up on meat and veggies in a salad or bowl 1 tortilla 50 Carbs, 9 Fat
If holding off on fats, skip the guacamole, sour cream and cheese

QUICK ORDER

Chicken Burrito Salad Corn, Salsa, Lettuce,
Chicken 22 Carbs, 36 Protein, 9 Fat

Salad with double steak, white rice, fresh
tomato salsa, & fajita veggies (no
dressing) 47g protein, 52g carbs, 16g fat

3 x tacos with corn tortillas, grilled
chicken, fresh tomato salsa, & romaine
lettuce 35g protein, 34g carbs, 16g fat



HIGH CARB LOADING

Chicken Burrito (Double Rice, No Cheese or
Sour Cream, Extra Veggies)
130g Carbs, 50g Protein, 15g Fat

Burrito Bowl (Chicken or Steak, Double
Rice, Double Beans, Corn Salsa, No Cheese
or Sour Cream)
140g Carbs, 55g Protein, 18g Fat

Vegetarian Burrito (Double Rice, Double
Beans, Double Fajita Veggies, Corn Salsa,
No Cheese or Sour Cream)
170g Carbs, 35g Protein, 14g Fat

Steak Burrito With Extra Rice & No Cheese
or Sour Cream
135g Carbs, 55g Protein, 14g Fat

Chicken & Rice Tacos
3x Soft Corn Tortillas with White Rice,
Chicken, & Mild Salsa
100g Carbs, 42g Protein, 8g Fat



FAST-APPROVED DRINKS

Coffee | Black or controlled serving of almond or skim milk
Teas | Green, Earl Grey, English Breakfast, Jade Citrus Mint, Emperors Cloud

FOOD

Blueberry Oatmeal
43 Carbs, 5 Protein, 2.5 Fat

Veggie & Brown Rice Bowl
50 Carbs, 10 Protein, 22 Fat

Whole Grain Oatmeal
28 Carbs, 5 Protein, 2.5 Fat

Hippeas Snack
18 Carbs, 4 Protein, 5 Fat

Spinach, Feta, & Egg White Sandwich
33 Carbs, 19 Protein, 10 Fat

Roasted Tomato & Mozzarella Panini
47 Carbs, 11 Protein, 18 Fat

Turkey Bacon & Egg White Sandwich
28 Carbs, 16 Protein, 6 Fat

Siggi's Skyr
6 Carbs, 17 Protein, 0 Fat

Smoked Turkey Protein Box
42 Carbs, 24 Protein, 12 Fat

Zesty Chicken & Black Bean Salad
38 Carbs, 14 Protein, 2.5 Fat

Protein Bistro Box
37 Carbs, 13 Protein, 19 Fat

Sous Vide Egg Bites:
Egg White & Red Pepper
13 Carbs, 13 Protein, 7 Fat





**Just about any sandwich made as a Unwich is perfect
for a low carb day!**

Beach Club

Unwich: 8 Carbs, 30 Protein, 20 Fat
French Bread: 61 Carbs, 41 Protein, 22 Fat
Wheat Bread: 71 Carbs, 45 Protein, 25 Fat

Club Lulu

Unwich: 3 Carbs, 26 Protein, 12 Fat
French Bread: 56 Carbs, 37 Protein, 14 Fat
Wheat Bread: 66 Carbs, 41 Protein, 17 Fat

Country Club

Unwich: 6 Carbs, 32 Protein, 11 Fat
French Bread: 59 Carbs, 43 Protein, 13 Fat
Wheat Bread: 69 Carbs, 47 Protein, 16 Fat

Turkey Tom

Unwich: 3 Carbs, 14 Protein, 0 Fat
French Bread: 56 Carbs, 25 Protein, 2 Fat
Wheat Bread: 66 Carbs, 29 Protein, 5 Fat

Totally Tuna

Unwich: 4 Carbs, 18 Protein, 2 Fat
French Bread: 64 Carbs, 33 Protein, 6 Fat
Wheat Bread: 67 Carbs, 32 Protein, 7 Fat

Vegetarian

Unwich: 7 Carbs, 16 Protein, 19 Fat
French Bread: 60 Carbs, 27 Protein, 21 Fat
Wheat Bread: 70 Carbs, 31 Protein, 24 Fat

BLT

Unwich: 2 Carbs, 12 Protein, 12 Fat
French Bread: 55 Carbs, 23 Protein, 14 Fat
Wheat Bread: 65 Carbs, 27 Protein, 17 Fat

Gargantuan

Unwich: 10 Carbs, 57 Protein, 35 Fat
French Bread: 63 Carbs, 68 Protein, 37 Fat
Wheat Bread: 73 Carbs, 72 Protein, 40 Fat

Add Mayo
+18g fat

High-Carb Loading

Try Fueling on Wheat or French Bread
*Removal of Mayo lowers the fat





BREAKFAST

**Artisan Egg Sandwich
with Applewood Smoked Bacon
30 Carbs, 19 Protein, 18 Fat**

**Artisan Sandwich
with Egg & Cheese
29 Carbs, 15 Protein, 13 Fat**

**Steel Cut Oatmeal
with Apples & Caramel
47 Carbs, 4 Protein, 2 Fat**

**Steel Cut Oatmeal
with Cranberries & Pecans
57 Carbs, 5 Protein, 12 Fat**

**Steel Cut Oatmeal
with Summer Berries
40 Carbs, 4 Protein, 2 Fat**

**Steel Cut Oatmeal, Plain
33 Carbs, 5 Protein, 3 Fat**



LUNCH/DINNER

**Grilled Chicken Wrap
24 Carbs, 20 Protein, 10 Fat**

**Grilled Chicken Sandwich
38 Carb, 35 Protein, 8 Fat**

**Power Mediterranean Chicken Salad
(full size, no dressing)
42 Carbs, 40 Protein, 15 Fat**

**Apple Pecan Chicken Salad
(full size, no dressing)
28 Carbs, 35 Protein, 11 Fat**

**Spicy Chicken Caesar Salad
(full size, no dressing)
26 Carbs, 37 Protein, 25 Fat**

**Junior Hamburger
25 Carbs, 16 Protein, 13 Fat**

**Large Chili
23 Carb, 23 Protein, 7 Fat**

**Chicken Nuggets (4 pc)
10 Carbs, 10 Protein, 13 Fat**

**Kids Grilled Chicken Wrap
25 Carbs, 19 Protein, 10 Fat**



FOOD

Power Menu Bowl (Chicken/Steak)
50 Carbs, 26 Protein, 19 Fat

Veggie Power Menu Bowl
57 Carbs, 12 Protein, 17 Fat

Chicken Soft Taco "Fresco Style"
16 Carbs, 12 Protein, 5 Fat

Burrito Supreme Steak "Fresco Style"
49 Carbs, 18 Protein, 12 Fat

Burrito Supreme Chicken "Fresco Style"
49 Carbs, 19 Protein, 11 Fat

**Grilled Chicken Burrito (No Avocado Ranch
Sauce, Add extra chicken)**
38g Carbs, 30g Protein, 9g Fat

HIGH-CARB LOADING

Black Bean Soft Tacos
26g Carbs, 7g Protein, 3g fat

Bean Burrito
55g Carbs, 25g Protein, 9g Fat

Soft Steak Tacos
15g Carbs, 12g Protein, 3.5g Fat





MAIN

Naked Tenders (5 Count)
3g Carbs, 43g Protein, 3.5g Fat
No Sauce

Classic Chicken Sandwich (No Mayo)
46g Carbs, 29g Protein, 10g Fat

Naked Tenders (3 Count)
2g Carbs, 26g Protein, 2g Fat
No Sauce

Naked Chicken Wrap
22g Carbs, 12g Protein, 6g Fat

Nuggets (4 Pcs)
10g Carbs, 7g Protein, 9g Fat

Nuggets (6 Pcs)
14g Carbs, 11g Protein, 14g Fat

Butterfly Shrimp
21g Carbs, 12g Protein, 17g Fat

Deluxe Kids Meal
32g Carbs, 21g Protein, 5g Fat

SIDES

Corn on the Cob
(1 ear)
37g Carbs, 5g Protein, 2g Fat

Green Beans (Regular)
6g Carbs, 2g Protein, 1.5g Fat

Rice (Regular)
25g Carbs, 7g Protein, 5g Fat

High Carb Loading

Regular Red Beans & Rice
34g Carbs, 8g Protein, 7g Fatt

Mashed Potatoes with Cajun Gravy
16g Carbs, 3g Protein, 4g Fat



OVERVIEW



**HIGH CARBOHYDRATE
EASY TO DIGEST MEAL
MODERATE PROTEIN**



**FOR RACES
LONGER THAN 60
MIN - SMALL TOP
UP OF CARBS**

24-48HRS

3 HRS

> 60MIN

HYROX

**CARB LOAD BEGINS
WITH LOW FIBER, HIGH
CARBOHYDRATE FOODS**



**TOP UP FUEL STORES
WITH HIGH CARB
SNACKS & SPORTS
DRINKS**



**STAY
HYDRATED
THROUGHOUT THE
DAY.
MONITOR
HYDRATION BY
URINE COLOR.**

CARB LOADING

WHEN YOU'RE PUSHING YOURSELF AND YOUR HEART RATE'S UP IN THOSE HIGHER ZONES, YOUR BODY'S MAIN FUEL IS CARBOHYDRATES. YOU WANT TO MAKE SURE YOU HAVE PLENTY OF FUEL STORED UP SO YOUR BODY CAN PULL FROM YOUR FUEL STORES WHEN YOU NEED IT MOST. THAT'S WHERE CARB LOADING COMES IN—A STRATEGY THAT LETS YOU FILL UP YOUR ENERGY RESERVES IN THE DAYS BEFORE THE EVENT, SO YOU'RE PRIMED FOR RACE DAY. JUST LIKE FUELLING UP YOUR CAR BEFORE A LONG DRIVE!

CARB LOADING **STARTS 48 HOURS BEFORE** YOUR HYROX RACE, FOCUSING ON EATING MORE CARBS THAN USUAL TO TOP UP YOUR ENERGY STORES. THINK OF IT AS “FUELLING UP EARLY”—SO YOU CAN EAT MORE COMFORTABLY ON THE DAY OF THE RACE. SOME ATHLETES CAN LOSE THEIR APPETITE ON RACE DAY DUE TO NERVES AND DISTRACTIONS SO GETTING FUELLING IN EARLY IS KEY. WITH THIS EXTRA FUEL BANKED, YOU CAN RACE WITH CONFIDENCE, KNOWING YOUR BODY HAS ALL THE FUEL IT NEEDS TO PERFORM AT ITS BEST!



24-48 HOURS BEFORE



CARBOHYDRATES ARE THE PRIMARY FUEL SOURCE FOR HIGH-INTENSITY EXERCISE. CARBOHYDRATES ARE STORED IN OUR MUSCLES AND LIVER AS GLYCOGEN. WE CAN **ONLY STORE ENOUGH TO SUPPORT 90MINS** OF HIGH-INTENSITY EXERCISE. CARB LOADING ENSURES YOUR STORES ARE ADEQUATELY FILLED TO LAST THE DURATION OF THE HYROX.

AIM: 6-8G CARBS/KG BODY WEIGHT PER DAY
LOW FIBER, EASY-DIGESTABLE CARBS



HOW TO INCREASE CARB INTAKE

BREAKFAST

Oatmeal W/ Berries



SNACK

Apple or Banana



LUNCH

Chicken Salad Wrap W/ Potato
Wedges & Smoothie



SNACK

Protein Shake



DINNER

Spaghetti W/ Garlic Bread



SNACK

High Protein Yogurt +
Nature Valley Bar +
Sports Drink



PRE-RACE MEAL DAY

BREAKFAST

Pancakes

30g carbs + 5g protein + 3g fat



SNACK

Protein bar & Apple

40g carbs + 20g protein



LUNCH

Grilled chicken Salad

17g carbs + 22g protein +
14g fat



SNACK

Protein Shake & Greek Yogurt
45g protein



DINNER

Spaghetti

58g carbs + 54g protein +
29g fat



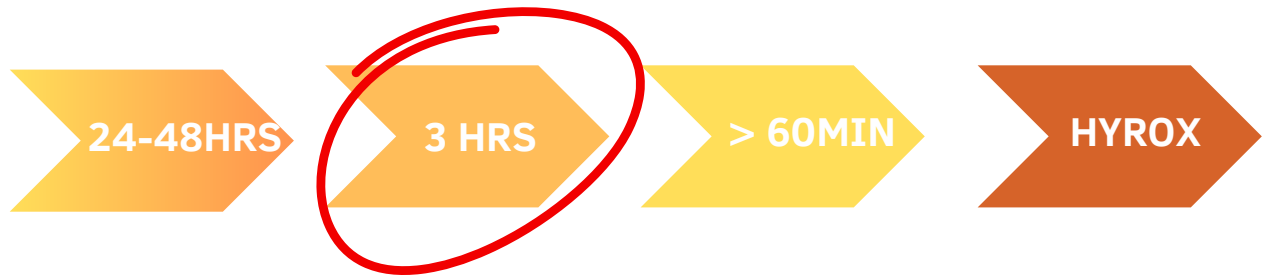
SNACK

Banana + Pb on Toast

47g carbs + 14g protein +
19g fat



3 HOURS BEFORE



WHILE REPLENISHING ENERGY STORES ON RACE DAY IS CRUCIAL, THE BULK OF YOUR FUELING SHOULD TAKE PLACE IN THE 48 HOURS LEADING UP TO THE EVENT.

ON THE DAY OF YOUR HYROX EVENT, PRIORITIZE REPLENISHING YOUR ENERGY LEVELS WITH HIGH-CARBOHYDRATE, LIGHT, AND EASILY DIGESTIBLE (LOW-FIBER) MEALS THAT YOU'VE PREVIOUSLY PRACTICED AND ARE COMFORTABLE WITH. AIM TO HAVE YOUR **FINAL MEAL 3 TO 4 HOURS PRIOR TO THE START OF THE HYROX.**

**AIM: HIGH CARBOHYDRATE MIXED MEAL
MODERATE PROTEIN, LOW FAT**



>60 MINUTES BEFORE



A LIGHT CARBOHYDRATE SNACK **30-60 MIN PRIOR** TO EXERCISE INCREASES CARBOHYDRATE AVAILABILITY.

CAN BE CONSUMED IN THE FORM OF FOOD OR LIQUID E.G SPORTS DRINK.

THIS STEP ISN'T ESSENTIAL—IF YOU STILL FEEL FULL FROM YOUR LAST MEAL, DON'T OVERDO IT.

**AIM: HIGH CARBOHYDRATE SNACK (30-60G CARBS)
LOW FIBER, EASILY DIGESTABLE**



TAKE CAFFEINE
45MIN BEFORE THE
EVENT, IF
APPLICABLE

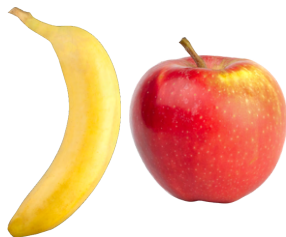
Carbs In Products



>60 MINUTES PRE-RACE

EASY TO DIGEST HIGH-CARB SNACK OPTIONS

BANANA OR APPLE



RICE KRISPY TREATS



RICE CAKES



CANDY



ENERGY GEL



SPORTS DRINK



PRE-WORKOUT DRINK



ENERGYBAR



TOAST OR BAGEL



YOGURT



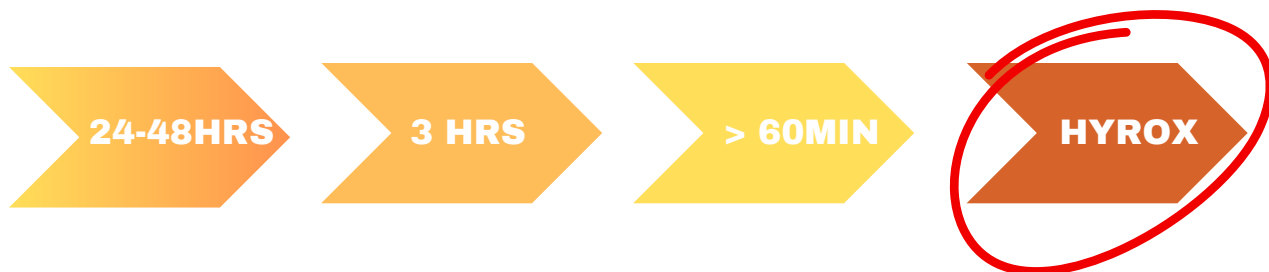
OATMEAL



DATES

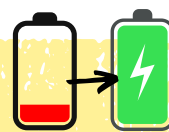


DURING HYROX



IF YOUR FINISHING TIME **IS LONGER THAN 60 MINUTES**, IT'S IMPORTANT TO CONSIDER TOPPING UP YOUR FUEL DURING THE COMPETITION. WHEN CARB STORES IN YOUR BODY ARE ADEQUATELY FILLED, THEY CAN FUEL 60-90MINS OF HIGH-INTENSITY EXERCISE. THEREFORE, A SMALL TOP OF CARBS DURING THE RACE CAN BE HELPFUL.

AIM: IF YOUR FINISHING TIME IS > 60 MINUTES: CONSUME 30G OF CARBS 30-45 MINUTES INTO THE RACE



Snack Ideas



Sour Patch Kids



Rice Cakes w/ PB



Dates



Rice Krispies Square



Pancakes



Nature Valley Bar



Banana



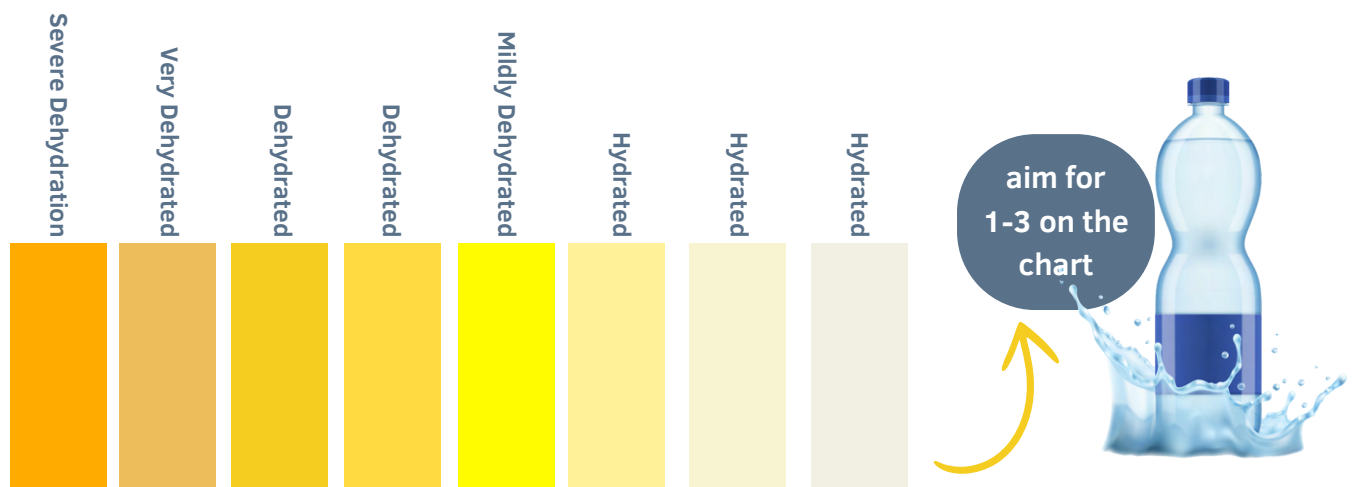
Sports Drink

HYDRATION



IT'S IMPORTANT TO STAY HYDRATED THROUGHOUT THE FUELLING PROCESS. HAVING A HYDRATION STRATEGY FOR RACE DAY WILL BE IMPORTANT IN MAINTAINING YOUR HYDRATION AND ENERGY LEVELS. MAKE SURE YOU CHECK THE ATHLETE GUIDE BEFORE YOUR HYROX RACE TO FAMILIARISE YOURSELF WITH THE HYDRATION STATIONS FOR YOUR RACE.

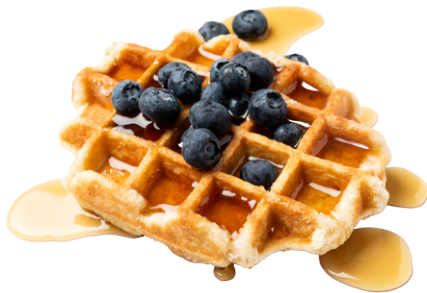
IT IS WORTH MONITORING YOUR HYDRATION STATUS THE DAY BEFORE AND THE MORNING OF THE RACE. THE SIMPLEST WAY TO DO THIS IS BY CHECKING THE COLOUR OF YOUR URINE.



POST RECOVERY DAY

BREAKFAST

waffles+ fresh berries



SNACK

Greek Yogurt



LUNCH

Grilled Chicken + Rice Bowl



SNACK

Protein Shake + Banana



DINNER

Steak Plate W/ Potatoes
+ Salad w/ Sports drink



SNACK

Protein Bar



HYROX DAY



RACE
START
TIME

8:30 AM



10:00 AM



11:30 AM



1:00 PM



2:30 PM



4:00 PM



6:00 PM



8:00 PM

