# *General **Nutrition** Guidelines for Motocross *Off-Road Competition*

**2-3 Days Prior to Competition:**

- Increase carbohydrate intake by 65%
  - Protein intake may be decreased by up to 30% as needed to accommodate for weak appetite

**Race Day:**

- *Breakfast:* 60-90 grams of complex carbohydrates, *maximum* of 30g of protein
- *Ongoing:* 30-90 grams of carbohydrates per hour as tolerated

**1 Hour Prior to Competition:**

- 20-30 grams of carbs every 20-25 minutes as tolerated
  - This is the ideal time to utilize carb gels, chewables and carb drinks

**During Race:**

- *Races longer than 45 min:* 60-90 grams consumed per hour
  - *See HYDRATION lesson for detailed instructions
- *Races Less than 45 minutes:* consume 30-60 grams of carbohydrates immediately after race and return to intake of 30-90 grams of carbohydrates per hour between motos

**Post-Competition:**

- Within 3 hours of completion of competition: 30-60 grams of complex carbohydrates, 25-35 grams of protein, 10-20 grams of fat
  - Note: Alcohol consumption post competition has been shown to decrease recovery rate significantly. Proceed at your own discretion

**Utilize your food sourcing guide from Week 1 as a resource for identifying complex carbohydrates*