



FUELLING YOUR HYROX



Overview



High carbohydrate
easy to digest meal
Moderate protein



For races longer than
60min - Small top up
of carbs

24-48hrs

3hrs

< 60min

HYROX

Carb Load begins
with low fibre, high
carbohydrate foods



Top up fuel stores
with a high carb
snack/sports drink



Stay hydrated
throughout.
Monitor hydration
by urine colour.

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 fibre, easy-digestible carbs



3 Hours Before



While topping up energy stores on race day is important, the majority of fuelling should be done in the 48 hours prior.

On the day of your HYROX, focus on topping up your energy stores with high-carb, light, easy-to-digest (low-fibre) meals that you've practiced with and are familiar to you.

Your last meal should be 3-4hrs before 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.



Take caffeine 45min before the event, if applicable

Aim: High carbohydrate snack (30-60g carbs)
Low fibre, easily digestible



3x Jelly Babies



2x Jaffa Cakes



30g Dates



Squares Bar



2x Scotch Pancake



Nature Valley Bar



Banana



Lucozade Sport

During HYROX

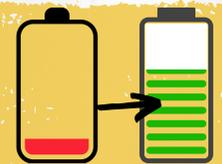


If your finishing time is longer than 60 minutes, it's important to consider topping up your fuel during the competition.

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

15g



3x Jelly Babies

18g



2x Jaffa Cakes

20g



30g Dates

25g



Maurten Gel

27g



Squares Bar

27g



Kinetica Gel

30g



Precision Fuel Chew

30g



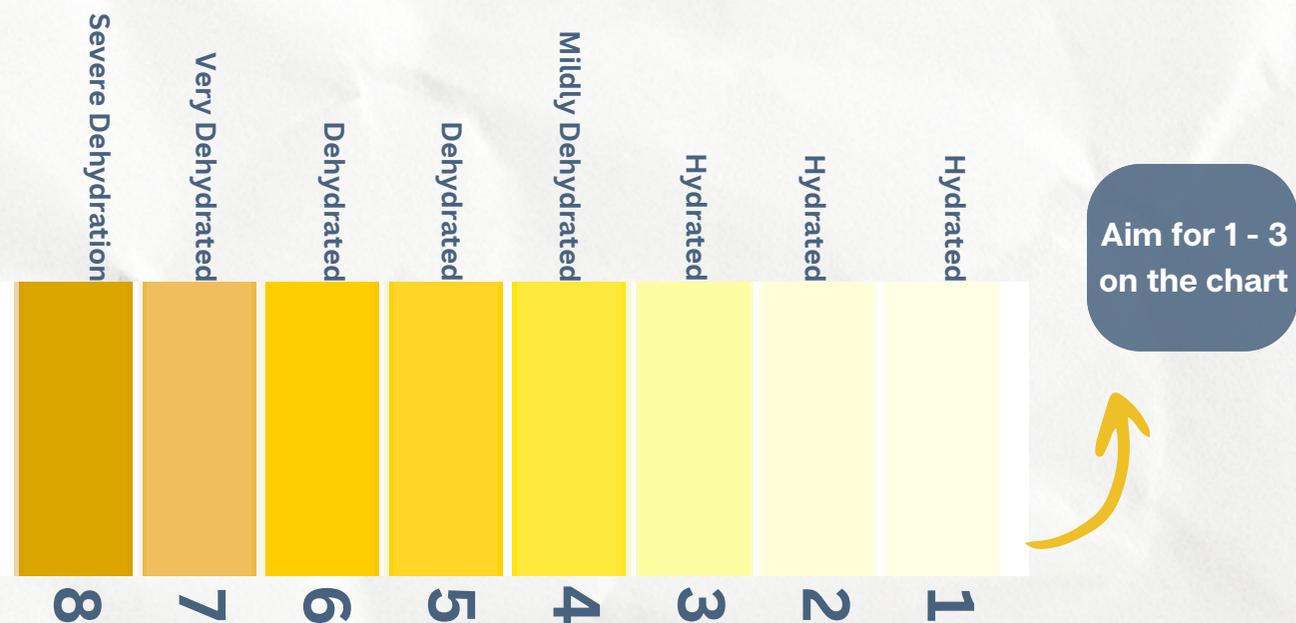
Lucozade Sport

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.



HYROX Day



**Race Start
Time**

8:30 AM



7am

10:00 AM



7.30-8 am

11:30 AM



8-8.30am



10.30 am

1:00 PM



8 am



11 am

2:30 PM



8 am



11.30 am



1-1.30 pm

4:00 PM



8 am



11.30am



1 pm



2.30-3 pm

6:00 PM



8 am



10.30 am



12 pm



3 pm



4.30-5 pm

8:00 PM



8 am



11 am



1.30 pm



3 pm



4- 5 pm



6.30-7 pm