RUNNING · HYROX · EVERYDAY ACTIVE

WHAT WORKS FOR ME MIGHT NOT WORK FOR YOU. AND THAT'S OKAY.

A personal journey through running, HYROX, food and recovery: sharing what I've learned, what I've tried, and what I'm still figuring out.

FUEL FOR HYROX & RUNNING

The full guide · everything from the website in one place

1:43:37
HYROX ROME



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A PERSONAL GUIDE · NOT INDIVIDUAL ADVICE

HOW TO USE THIS GUIDE

A little note from me ♡

I didn't start as a runner, and I certainly didn't have everything figured out.

Through running, HYROX and strength training, I've learned how much the way I eat, train and recover can influence how I feel.

This little guide brings together things I've tried, lessons I've learned and ideas that have helped me along the way.

Some are supported by sports nutrition research. Others are simply my personal observations about what works for my body.

We're all different, and that's exactly the point.

Take what interests you, stay curious, and find what works for you.

By Jane · @jane.health.lu

EXPLORE YOUR FUELLING OPTIONS.

These are general examples inspired by sports nutrition research and my own training experience, not a personalised nutrition plan. The website shows one session at a time; this PDF shows every option at once. Labels show where ideas come from: **Research-based** (numbers in [brackets] refer to the sources on the last page), **From my experience ♡** (what works for me, may not work for you) and **Example to explore** (meals, weeks and race timings to adapt).

01 My Fuel Plan: before, during, after, hydration

02 Food & Meals: plates, day plans, every meal

03 Training Week: beginner to advanced

04 Race Day: running and HYROX, plus checklists

05 Common mistakes

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01 · BEFORE TRAINING

SESSION	WHAT TO DO
Up to 45 min	A normal meal a few hours before is usually enough. Training early and easy? Many people run fine before breakfast; a banana is one option if you want something.
60 min+ · morning	You could try a small carb snack 30–60 min before, or a carb-based breakfast if you have 2–3 hours. See what works for you before long or hard sessions.
60 min+ · afternoon	A carb-based lunch 2–3 h before, lower in fat and fibre. Add a small snack if lunch was early.
60 min+ · evening	A carb snack 1–2 h before, after a normal lunch. Dinner after training is your recovery meal.
Strength	A balanced meal 2–4 h before with carbs and some protein, or a small snack about an hour before.
HYROX 60 min+	Something light may feel better: sleds and wall balls don't mix well with a full stomach.

Research-based: for sessions over 60 minutes, 1–4 g carbohydrate per kg body weight in the 1–4 hours before [1]; for a 65 kg adult roughly 65–260 g. The meals in this guide sit at the easy-to-digest lower end. Lower fat and fibre for comfort is practical advice.

DURING TRAINING

SESSION (RUNNING / HYROX)	WHAT TO DO
Up to 45 min	Water if you want it. Extra carbohydrate isn't needed.
60 min	Water. In a hard hour, a few sips of sports drink or a mouth rinse are optional.
90 min	**30–60 g carbs per hour** = about 45–90 g in total. With ~25 g gels: 2 gels at about 25 and 55 min (≈ 50 g; a sensible start at an easy pace) or 3 gels at about 20, 45 and 70 min (≈ 75 g; may suit hard sessions if your gut tolerates it).
120+ min	**30–60 g carbs per hour** = about 60–120 g for 2 hours. With ~25 g gels: 3 gels at about 30, 60 and 90 min (≈ 75 g) or 4 gels every 25 min from 25 min (≈ 100 g). Add 30–60 g for each extra hour; beyond 2.5–3 h up to 90 g/h if practised. Gel timings are examples: adjust to your gel, your gut and how you feel.
HYROX 90 min+	Take gels on your run laps rather than inside a station.
Strength	Water. Strength sessions rarely need fuel during; a sports drink is optional only in very long, hard sessions.

Research-based: under 45 min not needed; 45–75 min small amounts including mouth rinse; 1–2.5 h 30–60 g/h; over 2.5–3 h up to 90 g/h with mixed sugars (glucose and fructose); practise to suit your gut [1]. Gel contents vary (check the label); this guide assumes ~25 g per gel. 1 medium banana ≈ 25 g carbs; 40 g Medjool dates ≈ 30 g.

AFTER TRAINING

Routine recovery

Short or easy session: your next normal meal, with protein and some carbs. Longer or harder: within a few hours, a meal with carbs and about 20–40 g protein, plus fluids. Over the day, enough total food and protein spread across 3–4 meals matter more than exact timing. With a day between sessions, normal meals restore muscle fuel [1]. Late session? Still eat dinner.

Rapid refuelling: only if another demanding session follows within about 8 hours

Start soon after the first: about 1–1.2 g carbs per kg per hour for the first 4 hours (≈ 65–80 g per hour for a 65 kg adult), plus protein [1].

Why: daily protein about 1.2–2.0 g/kg [1] (ISSN 1.4–2.0 g/kg [2]), spread every 3–4 h in servings of ~0.25–0.3 g/kg or 20–40 g [1][2]. The ISSN notes the best timing is "likely a matter of individual tolerance" and that the effect of exercise lasts at least 24 hours [2].

HYDRATION

- **General guidance:** start hydrated and drink when thirsty; thirst is usually a good indication of the need to drink [1]. Drink more in hot or humid weather. Never drink so much that you gain weight.
- **Your own plan (long or hot sessions):** do a sweat-rate test: weigh yourself before and after a typical session and add what you drank; 1 kg lost ≈ 1 litre of sweat [1].
- Sweat rates range from about 0.3 to 2.4 L per hour, so one target can't fit everyone. The position stand describes plans that often land around 0.4–0.8 L/h, tailored to tolerance, and notes that losses above ~2% of body weight can affect performance, especially in heat [1].
- **Sodium** helps with heavy or salty sweat or sessions over about 2 hours [1].
- Before a long or hot session: about 5–10 ml per kg in the 2–4 hours before [1].
- After a big sweat loss: about 1.25–1.5 L for every kg lost, over the next hours, with food [1].
- Drinking more than you sweat is the main cause of low blood sodium (hyponatraemia) [1].

RECOVERY DAY

Protein at every meal, every 3–4 hours, plenty of colour, carbs a little lower than on hard days but still enough food. Carb-based dinner if tomorrow is hard. Sip through the day. At least 7 hours of sleep [3].

MEAL IDEAS TO EXPLORE.

These are examples of meals and combinations I explore around training. Portions and nutritional values are approximate. They are not designed to cover everyone's daily energy or nutritional needs.

From my experience ♡ · My approach: 80:20

Mostly food for fuel and recovery, with room for pizza, travel dinners and the things I enjoy. A plan you can keep beats a perfect one.

Calculated: carbs and protein for every weighed ingredient from USDA food-composition data, rounded to the nearest 5 g. Cooked weights for rice, lentils, potatoes, quinoa, chicken and fish; dry for oats and pasta. Milk reduced-fat (2%), yogurt plain non-fat Greek, soy milk unsweetened, tofu firm, bread white (29 g a slice), eggs large (50 g). Assumed: medium banana ~120 g, Medjool date ~20 g. Not counted: vegetables, salad, oil and sauces. Treat every number as an estimate.

EXAMPLE PLATES

One way to build a plate for each kind of day. Illustrations, not requirements.

Hard day

Veg & colour · ⅜ | **Carbs · ⅜** | **Protein · ¼**

Long run, hybrid session or race simulation. A bigger carb portion around the session, and protein at every meal.

Easy day

Veg & colour · ½ | **Carbs · ¼** | **Protein · ¼**

Easy run or strength. Moderate carbs, steady protein and plenty of colour.

Rest day

Veg & colour · ½ | **Carbs · ¼** | **Protein · ¼**

Same protein, plenty of colour, a slightly smaller carb portion, and still enough food.

Race prep

Veg & colour · ¼ | **Carbs · ½** | **Protein · ¼**

The day before and the morning of a race: familiar, carb-based meals, lighter on fibre and fat. If porridge or wholegrains usually sit well, they are fine; test them in training.

DAY PLANS BY FOOD STYLE

HARD DAY	**All foods:** Breakfast: Banana porridge · Lunch: Chicken rice bowl · 1–2 h before training: Toast with honey · After training: Greek yogurt bowl · Dinner: Salmon, potatoes & greens **Vegetarian:** Breakfast: Banana porridge · Lunch: Egg rice bowl · 1–2 h before training: Toast with honey · After training: Greek yogurt bowl · Dinner: Wholewheat pasta with lentil sauce **Vegan:** Breakfast: Banana porridge with soy milk · Lunch: Tofu rice bowl · 1–2 h before training: Toast with banana · After training: Soy, banana & oat smoothie · Dinner: Wholewheat pasta with lentil sauce **Dairy-free:** Breakfast: Banana porridge with soy milk · Lunch: Chicken rice bowl · 1–2 h before training: Toast with honey · After training: Soy, banana & oat smoothie · Dinner: Salmon, potatoes & greens

EASY DAY	**All foods:** Breakfast: Three eggs on toast · Lunch: Chicken quinoa salad · Snack: Greek yogurt bowl · Dinner: Cod, potatoes & vegetables **Vegetarian:** Breakfast: Three eggs on toast · Lunch: Egg quinoa salad · Snack: Greek yogurt bowl · Dinner: Lentil dahl with rice **Vegan:** Breakfast: Tofu scramble on toast · Lunch: Tofu quinoa salad · Snack: Soy, banana & oat smoothie · Dinner: Lentil dahl with rice **Dairy-free:** Breakfast: Three eggs on toast · Lunch: Chicken quinoa salad · Snack: Soy, banana & oat smoothie · Dinner: Cod, potatoes & vegetables
REST DAY	**All foods:** Breakfast: Three eggs on toast · Lunch: Chicken quinoa salad · Snack: Cottage cheese, fruit & toast · Dinner: Salmon, potatoes & greens **Vegetarian:** Breakfast: Three eggs on toast · Lunch: Egg quinoa salad · Snack: Cottage cheese, fruit & toast · Dinner: Tofu & vegetable rice **Vegan:** Breakfast: Tofu scramble on toast · Lunch: Tofu quinoa salad · Snack: Soy, banana & oat smoothie · Dinner: Tofu & vegetable rice **Dairy-free:** Breakfast: Three eggs on toast · Lunch: Chicken quinoa salad · Snack: Soy, banana & oat smoothie · Dinner: Salmon, potatoes & greens
RACE PREP	**All foods:** Day before: lunch: Chicken rice bowl, light on veg · Day before: dinner: Cod with boiled potatoes · Race morning, 2–3 h before: White toast with honey & banana · 30–60 min before (optional): A banana · After the race: Greek yogurt bowl **Vegetarian:** Day before: lunch: Egg rice bowl, light on veg · Day before: dinner: Tofu rice bowl, light on veg · Race morning, 2–3 h before: White toast with honey & banana · 30–60 min before (optional): A banana · After the race: Greek yogurt bowl **Vegan:** Day before: lunch: Tofu rice bowl, light on veg · Day before: dinner: Tofu rice bowl, light on veg · Race morning, 2–3 h before: White toast with banana & dates · 30–60 min before (optional): A banana · After the race: Soy, banana & oat smoothie **Dairy-free:** Day before: lunch: Chicken rice bowl, light on veg · Day before: dinner: Cod with boiled potatoes · Race morning, 2–3 h before: White toast with honey & banana · 30–60 min before (optional): A banana · After the race: Soy, banana & oat smoothie

DO THE EXAMPLE MEALS ADD UP?

These are example meals, not complete day plans. Calculated totals (carbs / protein) compared with reference ranges for a 65 kg adult [1][2]: hard day carbs ≈ 325–455 g (5–7 g/kg), easy and rest days ≈ 195–325 g (3–5 g/kg), protein ≈ 80–130 g (1.2–2.0 g/kg). Fat, oil and vegetables are not counted. Where carbs fall below the range, add snacks or larger carb portions to meet your energy needs.

DAY	ALL FOODS	VEGETARIAN	VEGAN	DAIRY-FREE
HARD DAY	≈270 g / ≈110 g	≈320 g / ≈90 g	≈325 g / ≈105 g	≈275 g / ≈110 g
EASY DAY	≈165 g / ≈135 g	≈200 g / ≈90 g	≈220 g / ≈105 g	≈185 g / ≈130 g
REST DAY	≈165 g / ≈130 g	≈175 g / ≈115 g	≈185 g / ≈125 g	≈175 g / ≈120 g

EVERY MEAL IN THE GUIDE

MEAL AND INGREDIENTS	FOOD STYLES	CARBS G	PROTEIN G
Banana porridge 60 g oats (dry) · 250 ml reduced-fat milk · 1 medium banana (~120 g, assumed weight) · 1 tsp honey	All foods, Vegetarian	≈85	≈15
Banana porridge with soy milk 60 g oats (dry) · 250 ml unsweetened soy milk · 1 medium banana (~120 g, assumed weight)	Vegan, Dairy-free	≈70	≈20
Eggs on toast with honey 2 slices white bread · 2 eggs · 1 tsp honey	All foods, Vegetarian, Dairy-free	≈35	≈15
Chicken rice bowl 200 g cooked white rice · 100 g cooked chicken breast · About 80 g vegetables (not counted)	All foods, Dairy-free	≈55	≈35
Egg rice bowl 200 g cooked white rice · 2 eggs · About 80 g vegetables (not counted)	Vegetarian	≈60	≈15
Tofu rice bowl 200 g cooked white rice · 150 g firm tofu · About 80 g vegetables (not counted)	Vegan, Vegetarian	≈60	≈30
Greek yogurt bowl 250 g plain non-fat Greek yogurt · 1 medium banana (~120 g, assumed weight) · 1 tsp honey	All foods, Vegetarian	≈40	≈25
Soy, banana & oat smoothie 400 ml unsweetened soy milk · 1 medium banana (~120 g, assumed weight) · 40 g oats (dry)	Vegan, Dairy-free	≈60	≈20
Three eggs on toast 3 eggs · 2 slices white bread · About 80 g tomatoes or spinach (not counted)	All foods, Vegetarian, Dairy-free	≈30	≈25
Tofu scramble on toast 150 g firm tofu · 2 slices white bread · About 80 g tomatoes or spinach (not counted)	Vegan	≈30	≈30
Salmon, potatoes & greens 120 g cooked salmon · 300 g boiled potatoes · About 80 g green vegetables (not counted)	All foods, Dairy-free	≈60	≈30
Salmon, potatoes & greens 120 g cooked salmon · 200 g boiled potatoes · About 150 g green vegetables (not counted)	All foods, Dairy-free	≈40	≈30
Cottage cheese, fruit & toast 200 g cottage cheese (2%) · 1 medium banana (~120 g, assumed weight) · 1 slice white bread	Vegetarian, All foods	≈50	≈30
Lentil dahl with rice 200 g cooked lentils · 150 g cooked white rice · About 80 g spinach or tomatoes (not counted)	Vegan, Vegetarian	≈85	≈20
Tofu & vegetable rice 200 g firm tofu · 150 g cooked white rice · About 100 g stir-fried vegetables (not counted)	Vegan, Vegetarian	≈50	≈40
Wholewheat pasta with lentil sauce 100 g wholewheat pasta (dry) · 150 g cooked lentils · About 100 g tomato sauce (not counted)	Vegetarian, Vegan	≈105	≈30

MEAL AND INGREDIENTS	FOOD STYLES	CARBS G	PROTEIN G
Chicken quinoa salad 200 g cooked quinoa · 120 g cooked chicken breast · Side salad + 1 tsp olive oil (not counted)	All foods, Dairy-free	≈45	≈45
Egg quinoa salad 200 g cooked quinoa · 2 eggs · Side salad + 1 tsp olive oil (not counted)	Vegetarian	≈45	≈20
Tofu quinoa salad 200 g cooked quinoa · 150 g firm tofu · Side salad + 1 tsp olive oil (not counted)	Vegan	≈45	≈35
Cod, potatoes & vegetables 150 g cooked cod · 250 g boiled potatoes · About 80 g vegetables (not counted)	All foods, Dairy-free	≈50	≈40
White toast with honey & banana 2 slices white bread · 1 tbsp honey · 1 medium banana (~120 g, assumed weight)	All foods, Vegetarian, Dairy-free	≈75	≈5
White toast with banana & dates 2 slices white bread · 1 medium banana (~120 g, assumed weight) · 20 g Medjool dates (about 1)	Vegan	≈70	≈5
Chicken rice bowl, light on veg 250 g cooked white rice · 100 g cooked chicken breast · Small portion of cooked vegetables, ~50 g (not counted)	All foods, Dairy-free	≈70	≈35
Egg rice bowl, light on veg 250 g cooked white rice · 2 eggs · Small portion of cooked vegetables, ~50 g (not counted)	Vegetarian	≈75	≈20
Tofu rice bowl, light on veg 250 g cooked white rice · 150 g firm tofu · Small portion of cooked vegetables, ~50 g (not counted)	Vegan, Vegetarian	≈75	≈35
Cod with boiled potatoes 150 g cooked cod · 350 g boiled potatoes (no skin) · Small portion of cooked vegetables, ~50 g (not counted)	All foods, Dairy-free	≈70	≈40
A banana 1 medium banana (~120 g, assumed weight)	All foods, Vegetarian, Vegan, Dairy-free	≈25	≈0
Toast with honey 1 slice white bread · 1 tbsp honey	All foods, Vegetarian, Dairy-free	≈30	≈5
Toast with banana 1 slice white bread · ½ banana (~60 g)	Vegan	≈30	≈5
Medjool dates 40 g Medjool dates (about 2)	All foods, Vegetarian, Vegan, Dairy-free	≈30	≈0

A WEEK TO BORROW IDEAS FROM.

Illustrative weeks, not a personal training plan. Most sessions should feel easy to moderate; keep an easy or rest day between hard ones and build slowly. WHO guidance for adults: 150–300 min of moderate (or 75–150 min of vigorous) activity a week, regular muscle-strengthening, and start small before gradually increasing frequency, intensity and duration [5].

BEGINNER

Three short sessions a week, all at an easy effort where you can chat. Add running time only when the previous week felt comfortable.

DAY	SESSION	TIME	DETAILS
MON	**Rest or walk**	20–30 min easy walk	Recovery days are part of the plan. A relaxed walk keeps you moving.
TUE	**Run-walk**	20–25 min	Warm up with 5 min brisk walking, then repeat 1 min easy running + 2 min walking, 6–8 times. Easy enough to talk.
WED	**Rest**	Rest	Full rest or gentle mobility.
THU	**Strength**	25–30 min	Bodyweight basics: squats, glute bridges, incline push-ups, rows with a band, farmer carries with light weights. 2 sets of 8–10 reps, stopping well before failure.
FRI	**Rest**	Rest	Rest, or a short walk.
SAT	**Run-walk**	25–30 min	Same run-walk as Tuesday. If it felt easy, try 2 min running + 2 min walking.
SUN	**Easy movement**	20–30 min walk or mobility	Something gentle you enjoy.

INTERMEDIATE

Four sessions: two runs, one hybrid session and one strength session. Most of it easy, one session moderately hard.

DAY	SESSION	TIME	DETAILS
MON	**Strength**	40–45 min	Squat or lunge, hinge, push, pull, loaded carry. 3 sets of 6–10 reps, leaving 1–2 reps in reserve.
TUE	**Easy run**	30–40 min	Conversational pace, then 4–6 relaxed 20-second strides.
WED	**Rest**	Rest	Rest or easy mobility.
THU	**Hybrid intervals**	45 min	Warm up, then 4–5 rounds of 600–800 m run + one station for about 2 min (wall balls, rowing, SkiErg or lunges). Rest 90 s. Strong but controlled.
FRI	**Rest**	Rest or walk	Rest, or an easy 20–30 min walk.
SAT	**Long easy run**	50–70 min	Steady and easy. Every other week you could swap it for 4–6 rounds of a mini race simulation at moderate loads.
SUN	**Rest**	Full rest	Sleep, a long walk, a good meal.

ADVANCED

Five sessions for people already training regularly: two runs, two hybrid sessions and one strength session. Hard days are separated by easy or rest days. The race simulation is illustrative and doesn't need to happen every week.

DAY	SESSION	TIME	DETAILS
MON	**Strength**	~60 min	Full body: squat or lunge, hinge, push, pull, loaded carry. 3–4 sets of 6–10 reps, leaving 1–2 reps in the tank.
TUE	**Tempo run**	~55 min	10 min easy + 2 × 12 min comfortably hard + 10 min easy. Comfortably hard = a few words, not a chat.
WED	**Easy run**	45–55 min	Conversational pace + 4–6 relaxed strides. Easy means easy, so you recover from Tuesday.
THU	**Engine intervals**	~60 min	6 rounds: 1 km run + one station (wall balls, SkiErg, burpee broad jumps or rowing, 2–3 min). Strong and steady; rest 60–90 s.
FRI	**Rest or easy movement**	Walk, mobility or easy spin	A full easy day before Saturday's race simulation.
SAT	**Race simulation**	~75 min	8 rounds of 1 km run + a new station each round (sled push or pull, farmers carry, sandbag lunges, wall balls…) at race loads with good form. Race simulations are an illustration: they don't need to happen every week, and should fit your experience and how well you're recovering.
SUN	**Full rest**	Rest	Sleep, a long walk, a proper meal with people you like.

RACE DAY, REHEARSED.

Nothing new on race day. Use your long runs and race simulations to test your plan first; timings are examples, not rules.

RUNNING

THE DAY BEFORE	**Familiar meals, plenty of water.** Normal, familiar meals and portions, and good sleep across the nights before. Nothing new or very spicy. For races longer than about 90 minutes, carb-loading is an option (see below). Ideas: White rice with chicken or tofu · Potatoes with lean fish · Light on vegetables at dinner
2–3 HOURS BEFORE	**A simple, familiar breakfast.** Lower in fat and fibre, so it sits well. Practise exactly this breakfast before your long runs. Ideas: White toast, honey and banana · White rice with a little chicken · Porridge, if it usually sits well
30–60 MINUTES BEFORE	**Optional small snack.** Some people like a little extra carbohydrate with a few sips of water. Only if it works for you. Ideas: A banana · 2 Medjool dates · A few sips of sports drink
DURING	**Match fuel to race length.** 5K–10K: water is usually enough. Half marathon (about 1–2.5 h): research suggests 30–60 g carbs per hour [1]. One example is a gel roughly every 25–35 minutes from about 30 minutes in, but the right timing depends on your expected finish time, the carbs in your gel, what your stomach tolerates and your own needs. Over 2.5–3 hours: up to 90 g per hour if practised [1]. Drink to thirst at aid stations, more in heat.
AFTER	**Carbs, protein and fluids.** When you can, eat something with carbs and protein and drink to rehydrate. Then a proper meal and a good night's sleep. Ideas: Greek yogurt with banana · A chicken rice bowl · Soy smoothie

Aid stations

Check your race information for which drinks and gels are provided and where. If you plan to use them, practise with the same products in training; otherwise carry your own.

HYROX

THE DAY BEFORE	**Familiar meals, plenty of water.** Normal, familiar meals and good sleep. If your race will take longer than about 90 minutes, carb-loading is an option to test (see below); otherwise normal carb-rich meals are usually enough. Ideas: White rice with chicken or tofu · Potatoes with lean fish · Light on vegetables at dinner
2–3 HOURS BEFORE	**A light, carb-based meal.** Sled pushes and wall balls don't mix well with a heavy stomach. Keep fat and fibre lower. Ideas: White toast, honey and banana · White rice with a little chicken · Porridge, if it usually sits well
30–60 MINUTES BEFORE	**Optional small snack.** Only if it suits you, with a few sips of water before your warm-up. Ideas: A banana · 2 Medjool dates
DURING	**Water at the Roxzone, gels on the runs.** For races over about an hour, 30–60 g carbs per hour can help [1]; how often you take a gel depends on your expected race time, the gel and your tolerance. Carry any gels from the start (required by the rules), take them on your run laps rather than inside a station (practical advice), and put wrappers in the bins.
AFTER	**Carbs, protein and fluids.** Eat and drink when you can, then a proper meal and a good night's sleep. Ideas: Greek yogurt with banana · A chicken rice bowl · Soy smoothie

HYROX rules to know

- You may carry water, gels or a hydration pack only if they are on you from the start to the finish.
- Water is provided at least once around each pass through the Roxzone.
- Any nutrition you want must be on you from the start; nothing can be handed to you.
- No drinks or nutrition from anyone except the aid stations (2-minute penalty per infringement; may lead to disqualification).
- Cups and gel wrappers go in the bins, not on the floor (2-minute penalty).
- Aid-station fluids are for drinking only, not for cooling.

From the official 26/27 Singles Rulebook [6]. Rules can differ by event and season, so always check the rules for your specific race.

Carb-loading: evidence and my experience

Research-based: for events of more than about 90 minutes of continuous effort, eating 10–12 g carbohydrate per kg per day for 36–48 hours can top up muscle fuel [1]. Shorter races don't usually need it.

From my experience ♡: I tried carb-loading and preferred my normal, familiar meals. That works for me; it isn't a recommendation for everyone.

04 · RACE DAY

MY RACE-DAY FUEL CHECKLIST

Running checklist

Day before

☐ Familiar meals planned
☐ Race fuel packed (gels you've tested)
☐ Water bottle ready
☐ Kit and bib ready
☐ Early night

Race morning

☐ Breakfast 2–3 h before
☐ Small snack if you want one
☐ Sip water

During

☐ Fuel plan practised (if over 1 h), e.g. first gel around 30 min
☐ Drink to thirst, more in heat

After

☐ Recovery snack packed
☐ Drink for afterwards

HYROX checklist

Day before

☐ Familiar meals planned
☐ Gels you've tested, ready to carry
☐ Water bottle ready
☐ Kit, shoes and bag ready
☐ Early night

Race morning

☐ Light breakfast 2–3 h before
☐ Small snack if you want one
☐ Sip water

During

☐ Gels on you from the start
☐ Take them on the runs, not in stations
☐ Wrappers in the bins

After

☐ Recovery snack packed
☐ Drink for afterwards

05 · COMMON MISTAKES

UNDER-EATING FOR WEEKS	Eating less than training demands can harm health and performance (REDs) [4]. Ongoing fatigue, frequent illness or injury, or changes to your cycle are worth discussing with a doctor.
CUTTING CARBS BY DEFAULT	Carbohydrate is the main fuel for hard running and HYROX work. Scale it to the day rather than removing it.
SAME FUEL FOR EVERY SESSION	A 30-minute jog and a 2-hour run have very different needs.
SOMETHING NEW IN A KEY SESSION	Test new foods, gels and drinks on an easy day first.
WATER VS ELECTROLYTES	Water replaces fluid; sodium replaces salt lost in sweat. Both matter mostly in long, hot or very sweaty sessions.

HI, I'M JANE.



I didn't start as a runner. I had no endurance and no running background. Session by session, I built up to HYROX and a half marathon. From my first HYROX in Copenhagen (1:39:31), through Berlin (1:43:39), to my third race in Rome (1:43:37), each experience has taught me something new about training, fuelling and recovery.

Along the way I learned how much food timing changes how training feels. Today I'm a certified Health & Nutrition Coach, and this is the guide I wish I'd had at the start: simple, practical, and built for real weeks with work, travel and the occasional pizza.

IF YOU'RE STARTING FROM ZERO, YOU'RE IN GOOD COMPANY.

1:43:37	3rd	21.1 km
HYROX Rome	HYROX race (Rome)	Half marathon

Follow **@jane.health.lu** on Instagram for practical fuelling tips and running and HYROX training.

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A NOTE ABOUT THIS GUIDE

This website is a personal project created to share my experiences with running, HYROX, nutrition and recovery.

It combines my personal observations, practical examples and selected information from sports nutrition research.

My experiences reflect how my own body responds to different approaches. They are not universal recommendations, and what works for me may not work for someone else.

The interactive tools, meal examples and training schedules are provided for general educational and inspirational purposes only. They do not assess individual needs and should not be treated as personalised medical, nutritional or training advice.

Everyone's circumstances are different. If you have specific health concerns, dietary requirements or training questions, seek advice from an appropriately qualified professional.

This guide reflects my experiences and understanding at the time of publication and may evolve as I continue learning.

Food values are approximate. Not affiliated with or endorsed by HYROX.

Created by Jane (@jane.health.lu), made with AI.