WARRIOR
PERFORMANCE LAB

PRO RESOURCE



WPL RACE WEEK SERIES

FUELING & HYDRATION

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

RACE-WEEK FUELING

Fuel the work you will ask your body to do

The taper lowers training volume, but the race still demands high-intensity running and eight functional stations. Do not accidentally under-fuel because training minutes fall. Shift food toward race usefulness: familiar carbohydrate, steady protein, tolerable fluids and fewer unnecessary experiments.

CARBOHYDRATE	PROTEIN	FLUID + SODIUM
Increase availability during the final 24-48 hours using foods you already tolerate. Match the amount to body size, expected duration and normal intake.	Keep daily protein steady and distributed. Race week is not the time to replace carbohydrate with an unusually high-protein diet.	Start normally hydrated. Use sweat, climate, thirst, urine and prior practice together. Avoid both dehydration and forced overdrinking.

A practical WPL carbohydrate progression

WINDOW	ACTION
D-7 to D-3	Eat to normal training needs even as volume begins to fall. A common moderate-load range is about 4-6 g carbohydrate/kg/day, individualized to the athlete.
Final 48 h	Increase the carbohydrate share of meals/snacks. A practical WPL starting range is about 5-8 g/kg/day; use the higher end for a longer expected race only when tolerated.
Final 24 h	Full endurance loading protocols can reach 10-12 g/kg/day for 36-48 h, but this is not necessary or tolerable for every HYROX athlete. Use only a proven individualized plan.
1-4 h pre-race	Evidence-based range: 1-4 g carbohydrate/kg. Many HYROX athletes tolerate the lower-to-middle part of the range 2-3 h before; use your tested amount.

During-race decision by expected finish time

EXPECTED TIME	PRACTICAL STARTING POINT
<75 min	A well-timed pre-race meal may cover most needs. Optional small carbohydrate close to the start only if practiced.
75-105 min	Consider a planned 20-40 g carbohydrate dose from drink, gel or chew. Choose a time you can swallow safely and tolerate at race breathing.
>105 min	A common endurance framework is 30-60 g/h, but access and GI tolerance matter. Use practiced split doses rather than forcing one large gel.

These are starting points, not prescriptions. A smaller athlete, an athlete using carbohydrate drink, and an athlete with prior GI issues may need very different execution.

PERSONALIZE

Hydration, sodium and caffeine without guesswork

Hydration

- Begin the race normally hydrated. Pale-straw urine and normal thirst are more useful than chasing completely clear urine.
- If you use body mass data, compare to your own normal morning range. A sudden increase can also reflect overdrinking.
- Warm venues, long travel and high sweat losses may raise needs. Use previous sessions and a practitioner plan rather than a social-media sodium target.
- Never use aggressive fluid restriction or an untested sodium load.

Optional caffeine

Research commonly supports 3-6 mg/kg, but more is not automatically better and side effects rise. WPL recommends the lowest personally effective, previously tested dose - often about 1-3 mg/kg - with total caffeine counted across coffee, gels, gum, drinks and supplements. If caffeine disrupts sleep, increases anxiety, raises GI urgency or interacts with medication, the performance tradeoff may be negative.

Your locked race-fuel card

[ ] Pre-race meal: _____ Time: _____

[ ] Optional top-up: _____ Time: _____

[ ] During-race carbohydrate: _____ Planned point: _____

[ ] Fluid + sodium: _____ Backup: _____

[ ] Caffeine total from all sources: _____ mg Timing: _____

[ ] GI backup plan: _____

If you have not practiced it while breathing hard, it is not part of your race plan.

Evidence notes

Sports nutrition: Thomas DT, Erdman KA, Burke LM. Nutrition and Athletic Performance. J Acad Nutr Diet. 2016;116:501-528. https://doi.org/10.1016/j.jand.2015.12.006

Hydration: Sawka MN et al. Exercise and Fluid Replacement. Med Sci Sports Exerc. 2007;39:377-390. https://doi.org/10.1249/mss.0b013e31802ca597

Caffeine: Guest NS et al. ISSN position stand: caffeine and exercise performance. JISSN. 2021. https://doi.org/10.1186/s12970-020-00383-4

This WPL resource is educational and does not replace individualized medical, dietetic or coaching care. Athletes with illness, injury, pregnancy, medication concerns, a history of heat illness, or significant gastrointestinal issues should use an individualized plan.