

GRUNDY HYBRID

RACE DAY GUIDE



HOW TO NOT FUCK UP YOUR RACE.

GRUNDY HYBRID

| THE GOAL

YOU DONT WANT TO GO INTO RACE DAY OVERTHINKING EVERYTHING OR TRYING TO FIND EXTRA FITNESS, YOU WANT TO FEEL FRESH AND PREPARED, NO WASTED ENERGY JUST PURE FOCUS ON THE GOAL, WHICH IS OBVIOUSLY TO BE THE BEST.

I WILL TALK THROUGH SOME POINTERS THAT WILL GUARANTEE YOU A PLANNED AND SMOOTH RACE DAY, THAT'LL ONLY MATTER IF YOU ACTUALLY PUT THE HOURS IN LEADING UP TO THE RACE.

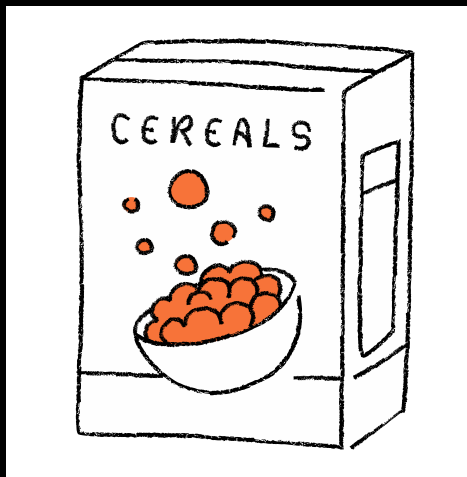


RACE MORNING NUTRITION

CARB FOCUSED, MODERATE PROTEIN, LOW FIBRE, LOW FAT



BAGEL WITH HOINEY OR JAM

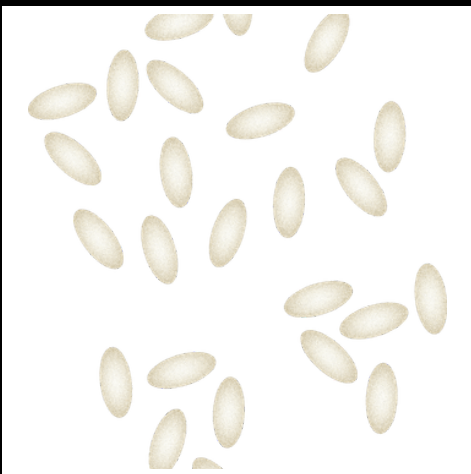


CEREAL WITH MILK + BANANA

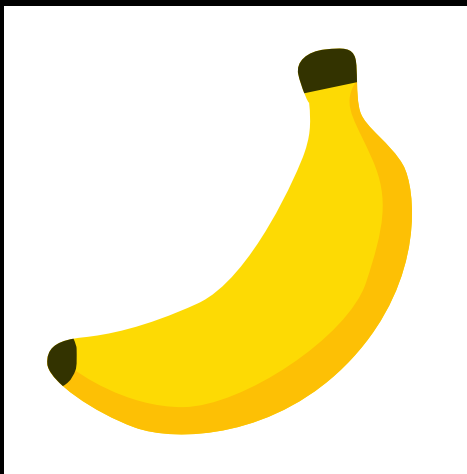


OATS, HONEY, BANANA

2-3 HOURS BEFORE: SMALL TOP UP



RICE CAKE + HONEY OR CEREAL BAR



BANANA

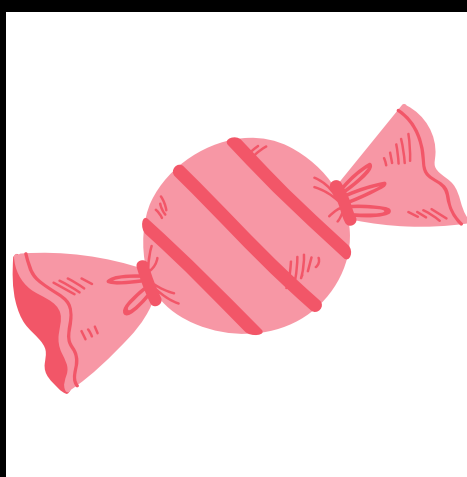


SPORTS DRINK

60-90 MINUTES BEFORE



GEL



SWEETS



SPORTS DRINK

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| 24 HRS BEFORE RACE DAY

THE DAY BEFORE SHOULD BE HIGHER CARB, LOWER FIBRE, MODERATE PROTEIN, LOWER FAT.

YOU AINT TRYING TO EAT AS CLEAN AS POSSIBLE, YOU ARE TRYING TO FUEL PERFORMANCE

DONT TRY SOME NEW SHIT LIKE GETTING ON THE BICARB THE NIGHT BEFORE, STICK TO WHAT YOU KNOW.

YOUR MAIN PRIORITIES SHOULD BE

01

FILL GLYCOGEN STORES

02

REDUCE GUT STRESS

03

STAY HYDRATED

04

AVOID EXCESSIVE WALKING

05

KEEP FOOD FAMILIAR

06

SLEEP AS WELL AS POSSIBLE



CAFFEINE

TAKE CAFFEINE 30–45 MINUTES BEFORE IF PRACTISED.

GUIDELINE:

- **MODERATE: 1.5–3MG/KG**
- **HIGHER: 3–5MG/KG ONLY IF USED BEFORE**

DO NOT OVERDO IT. TOO MUCH CAFFEINE CAN SPIKE HEART RATE, ANXIETY AND GUT ISSUES.

FOR EXAMPLE AN 80KG ATHLETE WOULD TAKE 120-240MG OF CAFFEINE BEFORE A RACE, ONLY DO THIS IF PRACTICED OR YOU'LL ACTUALLY SHIT YOURSELF.



| HYDRATION

- **3-4 HOURS BEFORE: 500-750ML FLUID WITH ELECTROLYTES**
- **60-90 MINUTES BEFORE: 300-500ML, SIPPED SLOWLY**
- **FINAL 30 MINUTES: SMALL SIPS ONLY**
- **AVOID PANIC DRINKING CLOSE TO THE START**

DONT START CHUGGING FLUIDS BEFORE YOU RACE BECAUSE YOU FEEL LIKE YOU HAVENT HYDRATED ENOUGH OVER THE WEEK. FIRST OF ALL BE MORE PREPARED GOING INTO THE RACE AND SECOND OF ALL ITS JUST GONNA MAKE YOU FEEL LIKE SHIT/BLOATED/HEAVY.



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| VENUE TIMING

DONT BE A DICK AND GET THERE 3 HOURS BEFORE AND GET YOUR HR SPIKED BY WATCHING EVERY FUCKER RUN AROUND, BE SELFISH, FOCUS ON YOUR RACE.

|01 90 MINS BEFORE: ARRIVE

|02 75 MINS BEFORE: WRISTBAND, BAG DROP

|03 45 MINS BEFORE: START WARM UP

|04 10 MINS BEFORE: FINISH WARM UP AND HEAD TO THE START LINE

|05 5 MINS BEFORE: KEEP MOVING, STAY WARM, PROBS GO FOR AN EMERGENCY SHIT



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| VENUE WALKTHROUGH

FIGURE OUT WHERE EVERYTHING IS IDEALLY BEFORE YOU GET THERE, HOW MANY LAPS, WHERE THE STATIONS ARE, HOW MANY LENGTHS THE BURPEES/LUNGES AND FARMERS ARE.

IF YOU MISS A LAP DUE TO BEING A RETARD YOU ARE A RETARD, PLAN IN ADVANCED AND KNOW HOW MANY LAPS THERE ARE, WHEN TO GO IN THE IN ETC.

JUST MAKE THE DAY AS STRESS FREE AS YOU POSSIBLY CAN, MAKE SURE YOU HAVE ID, YOUR BAG WAS PACKED THE NIGHT BEFORE, THAT YOU CHOSE WHAT TOP NOT TO WEAR.



| WARM-UP

YOU SHOULD ALREADY HAVE A WARM UP THAT YOU DO AND STICK TO BEFORE A RACE, ONE THAT YOU HAVE DONE A MILLION TIMES BEFORE, DONT START DOING SOME NEW FUNKY STRETCHES JUST STICK TO WHAT YOU KNOW

HERE IS ONE ANYWAY:

- **8-10 MIN EASY RUN/BIKE/ROW/SKI**

MOBILITY:

- **ANKLES**
- **HIPS**
- **T-SPINE**
- **SHOULDERS**
- **SQUAT/LUNGE POSITIONS**

RUNNING PREP:

- **A-SKIPS**
- **HIGH KNEES**
- **HEEL FLICKS**
- **BUILD-UP STRIDES**
- **2 X 20-30 SEC AT RACE PACE**

2 CONTROLLED ROUNDS:

- **150-200M RUN**
- **8-10 WALL BALLS**
- **6 BURPEE BROAD JUMPS**
- **10 WALKING LUNGES**
- **30 SEC SKIERG**
- **30 SEC ROW**



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| INTRA RACE FUEL

YOU DONT REALLY NEED ANY INTRA FUEL IN A HYROX IF YOU ARE ADVANCED AS IT WILL LAST UNDER 90 MINUTES, WHAT YOU EAT BEFORE MATTERS A LOT MORE

POSSIBLE OPTIONS IF PRACTISED:

- **GEL 10–15 MINUTES BEFORE START**
- **SPORTS DRINK BEFORE START**
- **SMALL CARB INTAKE DURING LONGER RACES OR DOUBLES**



| MORNING RACE

MAKE SURE EVERYTHING IS WELL PREPARED THE DAY BEFORE, WETHER THATS TRAVEL,CLOTHES,FOOD. DONT LEAVE ANYTHING UP TO CHANCE YOU ARE JUST INVITING UNWANTED STRESS.

- **EAT MORE CARBS THE DAY BEFORE**
- **MAIN MEAL 2.5–3 HOURS BEFORE**
- **KEEP BREAKFAST LIGHTER**
- **GEL/SPORTS DRINK 60 MINUTES BEFORE**
- **CAFFEINE 30–45 MINUTES BEFORE IF PRACTISED**



| EVENING RACE

RELAX THROUGH THE DAY AND MAKE SURE YOU'RE PREPARED FOR THE RACE, GO THROUGH YOUR STRATEGY BUT DON'T OVERTHINK IT, DON'T GET CAUGHT UP WITH ANY SHIT IN THE DAY, DO FUCK ALL UNTIL YOUR RACE, WATCH TV, KEEP STRESS LEVELS LOW, TIME YOUR MEALS LEADING UP TO THE RACE (EAT AS YOU WOULD IN A NORMAL TRAINING DAY RE TIMINGS)

- **CARB-BASED BREAKFAST**
- **MAIN PRE-RACE MEAL 3-4 HOURS BEFORE**
- **FINAL CARB 60-90 MINUTES BEFORE**
- **AVOID SNACKING ALL DAY OUT OF NERVES**
- **STAY OFF YOUR FEET AS MUCH AS POSSIBLE**



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| ONLINE COACHING

IF YOU ARE STUCK WITH YOUR PROGRESS OR JUST AINT GOOD ENOUGH BECAUSE YOU HAVE NO IDEA WHAT YOU ARE DOING, ILL BE RELEASING LIMITED ONLINE COACHING SPOTS IN THE NEAR FUTURE, EVERY PROGRAMME WILL BE PERSONALISED TO YOU.

IF YOURE WILLING TO PUT IN THE WORK, SACRIFICE POINTLESS SHIT TO BECOME AN ABSOLOUTE TANK, AND TURN YOUR LIFE AROUND. GET IN TOUCH.

GET IN TOUCH

