Four days.
Four numbers.

The carb ramp for the four days before a 26.2 or longer race, and how to turn it into your own grams.

01 // THE RAMP

Grams of carbs per kg of body weight, per day.

D−4	7 g/kg
D−3	8 g/kg
D−2	10 g/kg
D−1 (day before)	11 g/kg

02 // FIND YOUR NUMBER

```
KG × TARGET = GRAMS OF CARBS
```

Weigh yourself in pounds? `lb ÷ 2.2 = kg`

03 // WORKED EXAMPLE: 160 LB RUNNER

`160 ÷ 2.2 = 72.7 kg`

D−4	72.7 × 7	509 g
D−3	72.7 × 8	582 g
D−2	72.7 × 10	727 g
D−1	72.7 × 11	800 g

04 // ADD YOUR OWN CARBS ON TOP

Your meals cover the foundation. Close the gap with simple carbs you already know.

```
GAP = YOUR NUMBER - CARBS IN MEALS
```

Bagel	~55 g
OJ + honey	~56 g
Sports drink + pretzels	~57 g
White rice	~45 g

Race Week Load Box meals bring `179–301 g` of carbs a day. We handle the foundation; you keep your fueling plan.

Want it built for your race?

The LHC Race Day Fueling Plan builds your final 14 days around your weight, race date and goal time, with half-marathon guidance included.

lhccollective.com/racedayfueling →

From Brian Contreras, LHC Coaching, the coach behind Threshld. · Estimates for healthy adult athletes. Not medical advice.
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