

WEDNESDAY 10/26/05 - SATURDAY 10/29/05: CARBO-LOAD

Breakfast [6:30am] 3 cups of Wheaties with 1½ cups of reduced fat milk 1 medium banana 250ml orange juice	Snack [3:30pm] banana smoothie made with low-fat milk, banana, strawberries, ice, yogurt honey cereal bar
Snack [9:30am] Magic muffin with honey 500ml Gatorade	Dinner [6:30pm] 1 cup of pasta sauce with 2 cups of cooked pasta 3 slices of garlic Bread 2 glasses of guava juice
Lunch [12:30pm] 2 PBJ sandwiches (4 slices of bread) 227g tub of low-fat fruit yogurt 375ml can of ginger ale	Late snack [9:30pm] Magic muffin and jam 500ml Gatorade

FRIDAY:

Special movie viewing: ESPN's *Four Minutes* 8:30 -10pm

SATURDAY:

Light run (Recovery: 4mi)

Clean cat box, air filter, retainer

Pick up race number 3:30pm @ DC Armory

Mass @ 5pm

Review projected pace times

Special movie viewing: *Chariots of Fire* 8:00 -10pm

SUNDAY 10/30/05

4:30am – wake; light breakfast (OJ, banana, cereal, coffee); read paper, collect items for race, etc.

5:30am – light stretching

6:00 – 6:30am nap (set alarms)

6:30am – mark down pace times on left forearm; pack day bag for car

6:45am – drive to Rosslyn w/MikeC, park; arrive at RFK meeting site by 7:15am

7:15 – 7:50am more stretching, light jogging, hydration; RFK activities

7:50am – head to starting line & move to front of Scarlet Wave

8:15am – take salt tablet; MCM start

8:15 - ???am – run like the wind