

Fuel Testing Tracker

Fueling has two parts: training your gut to handle a carb rate, and confirming your specific race-day product works. This tracker walks you through both — so you walk into race day with a plan, not a guess.

1 Train the rate

Log every long workout below using cheap, everyday fuel. This is what actually builds gut tolerance.

2 Confirm the product

Once the rate feels good, run 2-3 clean tests of your real race-day gel / chew / mix (page 2).

3 Lock the plan

Pull it all together into one race-day fuel plan you don't have to think about on the day.

 Weekly Training Fuel Log

Use this to train the carb RATE, not the product. Budget fuel is fine here (bananas, gummies, mix-your-own) — this is where gut tolerance actually gets built, one long workout at a time.

#	DATE	WORKOUT (DUR / INTENSITY)	FUEL SOURCE	CARB RATE (G/HR)	HYDRATION (OZ-PER-HR / ELECTROLYTE)	GI FEEL	ENERGY (1-5)	MOOD
1								
2								
3								
4								
5								
6								
7								
8								

GI Feel scale: 1 none · 2 mild · 3 moderate · 4 rough | full key with faces on page 2

 Notes & Extra Sessions

Ran out of rows, or want to jot down a pattern you're noticing (e.g. "gels only sit right under 90 min")? Use this space.

 Race-Day Product Test Log

This is different from the log above — here you're confirming your ACTUAL race-day product (the specific gel, chew, or drink mix) works for you. You only need a couple of clean tests per product. If a test isn't clean, do one more rep before race day.

#	PRODUCT / FLAVOR	TEST DATE	WORKOUT / CONDITIONS	CARB RATE (G/HR)	GI FEEL	CLEAN TEST? (Y / N)	REPEAT?
1							
2							
3							
4							

 Fuel Rundown

Best fuel / product I found:

Optimal carb rate I found (g/hr):

Hydration / electrolyte strategy that worked:

Fuel or GI issues to avoid:

 Mood, Energy & GI Key

MOOD & ENERGY

-  Tired
-  Low energy
-  Moderate
-  High
-  Peak performance

GI FEEL

-  **1** None — felt normal
-  **2** Mild — slight fullness
-  **3** Moderate — bloating / cramping
-  **4** Rough — nausea, had to stop

 My Race-Day Fuel Plan

Target carb rate (g/hr):

Fluid & electrolyte plan (oz/hr, product):

Race-day products (brand / flavor):

Pre-race meal & timing:

Backup plan if GI acts up:

Print it, fill it out, and tag **@thespeedycheese** when this tracker gets you through your next long one.