



21 KM Half Marathon: Diet Plan & Race-Day Guide

Yavatmal Health Marathon 2027 • 5th Edition • Sunday 3 January 2027

Everyday eating while you train

- Build each plate: half vegetables and fruit, a quarter carbohydrate (roti, jowar bhakri, rice, poha, millets), a quarter protein (dal, curd, paneer, sprouts, eggs, chicken or fish).
- Eat something small before early runs if you feel low on energy, and eat a proper meal with carbs and protein within 45 minutes after.
- On Saturday and Sunday of long-run weeks, increase rice, roti or bhakri portions by about a third. Carry water and a snack on runs longer than 75 minutes.
- Anyone with diabetes, high blood pressure or another medical condition should check food and fluid plans with their doctor.

Weekly diet plan (matches your training week)

Day	Training	What to eat
Mon	Rest	Normal balanced meals. Extra vegetables, fruit and protein.
Tue	Easy run + core	Banana or toast before an early run. Recovery breakfast after: poha or upma with milk, curd or eggs.
Wed	Strength	Protein at every meal: dal, curd, paneer, sprouts, eggs, chicken or fish.
Thu	Quality run	Light snack 45–60 min before. Carbs plus protein within 45 min after.
Fri	Rest	Normal meals. Keep drinking water through the day.
Sat	Easy run	Carb-rich early dinner for Sunday's long run: rice or roti, dal, potato or sabzi, curd.
Sun	LONG RUN	Before: banana plus toast or poha 60–90 min earlier. During runs over 75 min: water every 20–30 min, dates, banana or gel every 30–40 min after 45 min. After: big recovery breakfast.

Sample day

When	Vegetarian	Add for eggs / non-veg
Early morning (before run)	Banana, 2 dates, or 1 slice toast with honey, plus water	Same
Breakfast (after run)	Poha, upma or idli with peanuts or sprouts, plus milk or curd	Add 2 boiled eggs
Mid-morning	Fruit (papaya, guava, orange) or buttermilk	Same
Lunch	2–3 roti or jowar bhakri, rice, dal, sabzi, salad, curd	Chicken or fish curry instead of dal
Evening	Roasted chana, sprouts chaat or peanut chikki; tea or coffee as usual	Boiled egg
Dinner	Roti or rice, dal, rajma or chole, vegetables; paneer	Egg curry, chicken or fish
Water	2.5–3 L through the day, more on hot and long-run days. Buttermilk, lemon water and coconut water help.	Same

Last-week diet plan (28 Dec – 3 Jan)

Nothing new in the last week: eat what your stomach already knows. Carbohydrate loading matters for the 21 KM: it tops up your muscle fuel for 2+ hours of running.

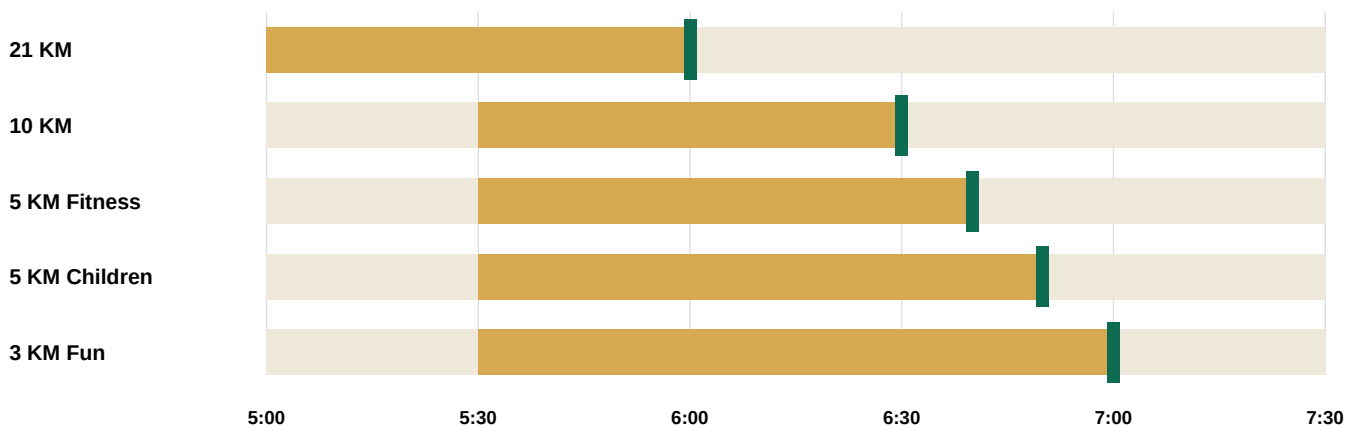
Day	Date	Focus	What to eat and drink
Mon	28 Dec	Normal balanced meals	Roti or rice, dal, vegetables, curd, egg, paneer or chicken. Drink 2.5–3 L of water through the day.
Tue	29 Dec	Protein at every meal	Eggs, dal, sprouts, paneer, fish or chicken with carbs. Finish dinner 2–3 hours before bed.
Wed	30 Dec	Lean towards carbs	More rice, roti, poha, upma or oats at lunch and dinner. Add fruit such as banana or papaya. Keep fibre moderate.
Thu	31 Dec	Carbs up, routine steady	New Year's Eve: no alcohol, no heavy or fried party food, nothing new. Aim to be asleep by 10:30 PM.
Fri	1 Jan	Carb-load day 1 (21 KM). 10 KM: normal meals with a little extra carbohydrate.	Idli, poha, khichdi, rice, potato, sweet potato, roti. Smaller, more frequent meals. Go easy on raw salads, fried and very spicy food.
Sat	2 Jan	Carb-load day 2 and BIB collection (10 AM to 5 PM)	Large breakfast and lunch of rice, dal, khichdi or curd rice with banana. Early light dinner around 6:30–7 PM. Sip water or ORS through the day until urine is pale. Lay out kit, bib and ID. Sleep by 9:30 PM.
Sun	3 Jan	RACE DAY	Follow the race-morning timeline in this guide.

Quick rules

- Avoid alcohol, new supplements, and heavy or oily food in the final 3 days.
- Keep caffeine at your usual amount. Do not try it for the first time on race day.
- Salt your food normally and drink to thirst plus a little extra. Do not over-drink.
- Nothing new on race week: same shoes, same kit, same food you have tested on long runs.

Race-day chart

Your race: **21 KM Half Marathon** • report **5:00 AM** • start **6:00 AM**. Gold bar: reporting time until start. Green marker: race start.



Race	Reporting	Start
21 KM Half Marathon	5:00 AM	6:00 AM
10 KM Power Run	5:30 AM	6:30 AM
5 KM Fitness Run	5:30 AM	6:40 AM
5 KM Children's Run	5:30 AM	6:50 AM
3 KM Family / Fun Run	5:30 AM	7:00 AM

Race-morning timeline for the 21 KM Half Marathon (suggested)

Time	What to do
3:30 AM	Wake up. Breakfast: 2 bananas and toast with honey, or 1 cup poha, plus 300–500 ml water.
4:15 AM	Leave for Nehru Stadium. Carry bib, ID and a light layer for the cold morning.
5:00 AM	Reporting time. Toilet, bag drop, check bib.
5:25 AM	Warm-up: 5–10 min easy jog, leg swings, 3–4 strides.
5:50 AM	Move into the start area. Sip water.
6:00 AM	START. Begin slower than goal pace for the first 2 km.
During	Water at the stations. From about 45 min, take dates, banana or a gel every 30–40 min.
After finish	Walk 5–10 min, then banana, ORS or fluids, and a protein breakfast within an hour.

BIB collection

Saturday 2 January 2027, 10:00 AM to 5:00 PM, Nehru Stadium, Yavatmal. BIBs will NOT be distributed on race day. Valid ID proof is mandatory. Carry your registration confirmation.

Run smart. Run safe.

Tip	Detail
Hydrate	Maintain adequate hydration.
Train	Prepare according to your race distance and fitness level.
Rest	Get adequate sleep before race day.
Arrive early	Allow time for parking, bib collection, warm-up and race assembly.
Follow official instructions	Follow instructions from race officials and volunteers.
Know your limits	If you feel unwell, slow down and seek medical assistance.

Register: <https://registration.eventforce.ai/event/80/yavatmal-health-marathon-2027-5th-edition>

Daily updates on WhatsApp: [Join the YHM WhatsApp group](#)

This is general guidance, not official YHM instructions or medical advice. If you have a medical condition, are new to exercise, or feel unwell, check with your doctor first. Official race information comes from the organisers. Suggested food and timings are general guidance.