

Nutrition for Runners



Hydration

Pre run-2 hours prior to your run, take in 1 ounce of water for every 10 pounds of body weight

During-every 15-20 minutes take in an additional 5-10 ounces of water for the first hour, alternate with electrolytes after 1 hour

Post run-16-36 ounces, dependent on sweat loss

Pre run fuel

Aim for at least 200-300 calories with 30-60 grams of carbohydrates for each hour prior to your run.

Closer to race time consume simple carbohydrates like a gel or a sports drink



Examples

- Oatmeal with bananas & walnuts
- Sprouted or whole grain bread with almond butter or peanut butter
- Banana or apple with peanut butter
- Speed Demons smoothie

Experiment in training with what works for you

During the run

Consume sport drinks that contain electrolytes, gels, blocks, & avoid foods that slow digestion

Aim for 30-60g/hour with some protein (positive effects on muscle recovery)

Fluids consumed with carbohydrates gels speed up fuel transport to muscles



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Post Run Fueling

Fluids: 24 ounces for every pound lost within 2 hours.

Carbohydrates: aim for 30-60 grams/hour of workout

Protein: 20-40 grams of total protein

Post Run Fueling

Body absorbs and utilizes nutrients at the highest rate 30-45 minutes post run and again 2 hours later

Aim to eat a light snack within 30-45 minutes after your heart rate has returned to normal

Eat a well-balanced meal 2-3 hours later to replenish nutrients lost during your run



Snack examples

- Speed Demons Smoothie
- Protein bar and sports drink
- Bagel, graham crackers, or whole-wheat crackers with peanut butter, low fat chocolate milk and banana

Meal examples

- Whole wheat pita with turkey, veggies, pretzels, & low fat milk
- Rice bowl with beans, cheese, salsa & avocado, whole wheat tortilla
- Stir fry with steak, brown rice and veggies

