

Fueling your tank: Nutrition for Running

3-4 hours Before (Meal)	90 minutes Before (Snack)	During	30-45 minutes After
<ul style="list-style-type: none"> ✓ Should mix (high glycemic) carbohydrate and protein. × No fried foods. × No creamy foods. × No carbonation × No alcohol ✓ 1-2 cups coffee, if tolerated. ✓ 16-24oz fluid ✓ Size of meal and amount of carb varies for the workout. 	<ul style="list-style-type: none"> ✓ Should be mainly (high glycemic) carbohydrate. ✓ Add small amount of protein/fat if you will be training >1 hour. Try a smear of PB or an egg. ✓ Low-fat ✓ Low-fiber ✓ 8-16oz fluid 	<ul style="list-style-type: none"> ✓ For workouts <60 minutes, water is all you need. ✓ >60 minutes or high intensity 25-60g (.3g/#)carb per hour. ✓ Begin replacing carb early. ✓ Fluid to match sweat losses. No more than 2% wt. loss. ✓ 5-10oz every 15-20 min. ✓ Natural foods as useful as “sport foods”. Mix up carb types. ✓ Train your stomach. 	<ul style="list-style-type: none"> ✓ Carb + 10-20g protein. ✓ 0.5g-0.7 carb per pound. ✓ Helps build muscle, prevent soreness, and replace glycogen. ✓ 2-3 cups fluid for every pound lost. Drink until urine is pale. ✓ Repeat every 30-45 minutes until you have a meal. ✓ Salty foods have enough sodium and fruits have enough potassium to replace losses.
<ul style="list-style-type: none"> -PB&J, Instant Breakfast. -Fruit smoothie, granola -Cottage cheese, grapes, apple butter, crackers 	<ul style="list-style-type: none"> ▪ English muffin ▪ Bagel ▪ Banana ▪ Crackers ▪ Jam sandwich 	<ul style="list-style-type: none"> ▪ Sport Drinks ▪ Gels (with water) ▪ Raisins ▪ Gummy Candy ▪ Bananas ▪ Pretzels 	<ul style="list-style-type: none"> ▪ Chocolate milk ▪ Yogurt with granola ▪ Fruit Smoothie ▪ Sandwich ▪ Juice and string cheese ▪ Cereal and banana
Before		Limiting Stomach/GI Upset	
<ul style="list-style-type: none"> ✓ The higher intensity (sprints/track workouts) requires more carb, but limit intake within 1 hour of workout. ✓ 0.5g carb per pound body weight one hour before moderate exercise OR ✓ 2g carb per pound body weight four hours before. ✓ Choose low-fat foods (nothing fried or creamy) ✓ “carb loading”= maintain high intake of carbs the week before your race while your training tapers. <p>Considerations for Morning Workouts</p> <ul style="list-style-type: none"> ▪ If you can’t eat in the morning, have a high-carb snack prior to bedtime. ▪ Try waking early to eat, then going back to sleep. ▪ Train your body to handle foods by starting with small amounts and increase over time or try liquid meals. ▪ Start with a sport drink before getting dressed. 		<ul style="list-style-type: none"> ✓ Train your stomach, keep your pre-exercise snacks consistent and increase volume as you’re able. ✓ Avoid high fat/fiber foods close to exercise. ✓ Allow a meal 3-4 hours to digest before exercise. ✓ Know what foods will be served at your race, train using these foods. ✓ Have a nutrition plan. ✓ Limit fiber in the week leading up to competition. ✓ Know your response to caffeine; you may need to avoid caffeine prior to exercise. ✓ Most common triggers of GI distress: caffeine, coffee, milk, fiber, concentrated sugar (gels, jelly beans, sweet drinks, juices), carbonation, too large portions, fats (sausage, butter, oils, cream), alcohol <p>Recommended:</p> <ul style="list-style-type: none"> -www.myfitnesspal.com for food tracking -Nancy Clark’s Sports Nutrition Guidebook 	