

Nutrition Guide for Distance Running



Fueling BEFORE the Run

3-4 hours before start

Have a full meal of high carbohydrates, lean protein, and low in fat & fiber
17-20 oz of water

30 min to 1 hour before start

Have a small, carbohydrate-rich snack to top off muscle glycogen stores
5-10 oz of water or sports drink

Helpful Tips:

- Not hungry in the morning?- Eat a carbohydrate-rich dinner the night before the race AND have a carb-snack ~2h before bed.
- Pre-race jitters?- Eat at least 100-200 calories of low fat/fiber foods for easy digestion 1-2h prior to the race. (i.e. toast with PB, banana with PB, granola bar, protein bar, etc)
- TRAIN THE GUT- avoid trying new fueling items the day of the race! Take fuel with you on long training runs to train your gut to digest during exercise.
- Plan ahead- research where aid stations will be along the course and what is provided; carry fuel with you and plan "drop spots" along the route for your own fueling needs.

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Fueling DURING the Run



45 minutes or less

Water! Hydrate as needed

1-2 hours

15-30g
carbohydrate per
hour

Handful of dried fruit (2 dates
= 36g carbs!)
Sports gels/ goos/chews/
beverages
1/2 Banana
Granola bar

2 Fig bars
16 oz juice
1 pack PB cracker sandwiches
Apple slices

2+ hours

30-60g
carbohydrate per
hour

Half of a PB&J sandwich
16 animal crackers
Sports gels /goos /chews/
beverages
8 graham crackers

Large handful of dried fruit
1 banana
1/2 medium baked potato (add salt!)
2, 2in oatmeal cookies

Hydration

- Dependent on sweat rate
- Average of 13-27oz water per hour
- Alternate sips of sports drink with water to help digest carbohydrates and electrolytes provided by the sports drink

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Fueling AFTER the Run

Recover first, then celebrate

-Alcoholic beverages AFTER recovery foods

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20-25g of protein within the first 1 hour after exercise is CRUCIAL for rebuilding muscle.

A small “snack” sized item or protein shake can be efficient.

-1 scoop of protein powder mixed with milk or water

-1 ½ cups low-fat chocolate milk + ¼ cup of almonds

-6 oz Greek yogurt + ¼ cup granola + 1cup blueberries

-1 string cheese + 1 cup apple slices + ¼ cup of pretzels +2tbsp PB

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If able to have a full meal as soon as possible after competition, GREAT!

If not, aim for within at least 1-3h after competition ends

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Replace fluid losses- if you know your sweat rate: replace one bottle (200z) of water for every pound lost after competition.

Consider adding extra salt to foods if the weather is hot AND humid. Can also consider electrolyte replacements- Liquid IV, Pedialyte Sport, Gatorlyte, etc

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Appetite may be reduced after competition- completely normal. Drink your recovery calories if that is easier to ingest.