



RUNNER'S NUTRITION

BEFORE

Focus on carbohydrates and fluid primarily. Small portion of protein can be appropriate.

MEAL TIMING

Based on individual preference

3-4 hours before:
Consume a larger meal with some protein

1-2 hours before:
Smaller, carbohydrate focused

<1 hour before:
Carbohydrate only

EXAMPLES

- Rice, fruit, chicken and fluid
- Bagel with honey and banana and fluid
- Turkey Sandwich with applesauce and fluid

DURING

Short runs <1 hour:
Water or carbohydrate mouth rinse

>1.5 hours:
30-60g carbohydrate per hour

>2.5 hours:
Up to 90g carbohydrate per hour

HYDRATION

Sweating = loss of fluid and electrolytes

Try not to lose more than 2% body weight in sweat.

EXAMPLES

Carbs: sports drinks, gels, chews, blocks or solids + water as needed

AFTER

REPLENISH

Replenish the energy that you've burned off!
Consume 0.5g carbohydrate per pound of body weight.

REPAIR

Maximize the growth and repair of your muscle!
Consume 20-30g of high quality protein

REHYDRATE

Consume 20-24 oz. (about 3 cups) of fluid for every pound of sweat you lose.

EXAMPLES

- Chocolate milk with fruit
- Fruit smoothie with milk and yogurt
- Flavored kefir

Nutrition For Marathon Running

Clemens Wendtner



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