



# 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

**Dan Benardot**



## **Nutrition For Marathon Running:**

## Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Nutrition For Marathon Running**

In a global inundated with monitors and the cacophony of instantaneous interaction, the profound power and psychological resonance of verbal art often fade in to obscurity, eclipsed by the constant assault of noise and distractions. Yet, situated within the lyrical pages of **Nutrition For Marathon Running**, a charming work of fictional splendor that pulses with organic thoughts, lies an remarkable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this magical opus instructions visitors on an emotional odyssey, delicately exposing the latent possible and profound affect stuck within the complicated web of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is main subjects, dissect their charming writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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