



# 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

**Katherine McLaren**



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