

GUIDE TO HEALTHY EATING WHILE MARATHON TRAINING

Carbohydrates

Carbs are essential to fuel your long runs. Choose whole grains and foods with minimal processing such as sweet potatoes, quinoa, whole oats, whole wheat bread, rye bread, and brown rice.



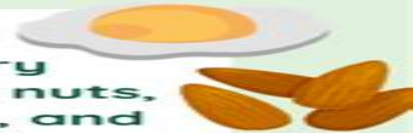
50-65%
Calories



15-30%
Calories

Lean Protein

Lean protein helps with recovery from intense workouts. Choose nuts, lentils, eggs, fish, Greek yogurt, and lean meats.



Vegetables

Opt for colorful, fresh vegetables for a variety of vitamins and minerals.



Fruit

Eat a variety of fruit for vitamins and minerals like potassium.



Foods to avoid

Highly processed foods like chips, pre-made baked goods, fast food, French fries, soda, hot dogs, donuts, candy.



Nutrition For Marathon Running

Guillaume Favre

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Nutrition For Marathon Running:

Whispering the Secrets of Language: An Mental Journey through **Nutrition For Marathon Running**

In a digitally-driven earth wherever displays reign supreme and instant conversation drowns out the subtleties of language, the profound secrets and emotional nuances hidden within phrases usually go unheard. However, set within the pages of **Nutrition For Marathon Running** a captivating literary prize pulsing with organic feelings, lies a fantastic quest waiting to be undertaken. Penned by a skilled wordsmith, this marvelous opus encourages viewers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the emotional depths with this moving review, we can embark upon a heartfelt exploration of the book is key themes, dissect its fascinating publishing model, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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mit deutschen ut buch regie till schauder seit 2005 lebt der 1980 in bandar anzali geborene iranische dichter musiker sänger und gitarrist shahin najafi in deutschland