

NUTRITION FOR RUNNING PERFORMANCE



The main focus is fueling your body and feeling good - not fat loss.

Eating the right type of food at the right time plays a big role in performing optimally and feeling your best before, during, and after your training runs and actual race.

WHICH FUEL?

Carbohydrates

Main fuel source of the body; most important for athletes.

Best sources: fruits, vegetables, grains, dairy (also a source of protein & fat), potatoes, corn

Occasional: chips, cookies, candy, cake soda

Protein

Repairs and rebuilds muscles that are broken down during physical activity.

Best sources: poultry, beef, pork, fish, eggs, beans, tofu, nuts & seeds (also contain fat), dairy

Fat

Provides energy at lower intensities and helps us feel satisfied.

Best sources: unsaturated fats like those found in olive oil, nuts, seeds, fish, avocados and saturated fats like those found in animal products.

Occasional: trans-fat found in many pre-packed baked goods

HYDRATION

It's important to drink before, during, and after physical activity.

- Follow the general rule of drinking at least half your body weight in ounces per day
- Don't wait to drink until thirsty - it means you're already dehydrated
- Water is sufficient for activities lasting less than 60 minutes
- Sports drinks are appropriate for activities lasting more than 60 minutes and/or take place in hot and humid weather

WHEN?

Before Training

3-4 Hours Before

Full meal containing carbs, protein, and fat

30-60 Minutes Before

A snack consisting mostly of carbs, a little fat, and protein

Snack Ideas:

- 1 slice whole grain toast with 1-2 tbsp peanut butter & banana
- 1/2 cup low-fat Greek yogurt with 1/2 cup fruit
- 1 piece of fruit & handful of nuts
- Protein shake with milk, protein powder (optional) and fruit

During Training

If you are doing <60 minutes of activity, you don't need to consume anything while running. If your run will >60 minutes, eat 100-300 calories from carbs every hour.

Ideas:

- Gatorade
- Sports chews/gummies
- Fruit (not as convenient)

After Training

Within 30 Minutes

Eat protein and carbs

Within 2 Hours

Eat a full meal with carbs, protein, and fat

Within 30 Minutes Ideas:

- 1/2 cup low-fat yogurt with 1/2 cup fruit
- Protein shake with milk, protein powder (optional) & fruit