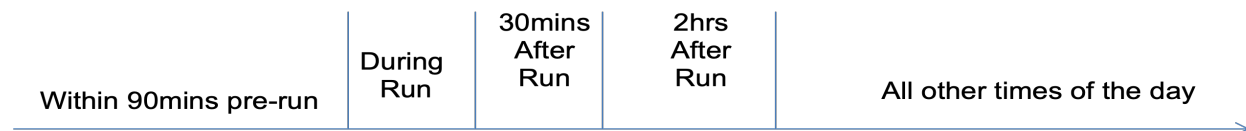







Fuelling for Runners

For regular, easy running it is best to hydrate well and rely on stored body fat for fuel.

For hard workouts and races, follow these guidelines to optimize performance and recovery.

TIMING IS EVERYTHING



Time Period	Eating Goals	Good Food Choices
<p>0-90 minutes pre-run</p> 	<ol style="list-style-type: none"> 1. Top up glycogen levels (Higher GI foods closer to workout). 2. Hydrate. 3. Satisfy hunger. 4. Start recovery process by eating Branch Chain Amino Acids (BCAA). 	<ul style="list-style-type: none"> ○ Eggs with fruit ○ Fruit and protein powder mix ○ Chopped veggies w/dip + lean meat ○ Water (esp. in final hour), tea/coffee ○ Fruit or vegetable juice ○ Sports bar with protein ○ Gels or sports drink with protein
<p>During run</p> 	<ol style="list-style-type: none"> 1. Maintain fuel for use. 2. Maintain hydration. 3. Maintain electrolytes. 	<ul style="list-style-type: none"> ○ Water ○ Sports drinks ○ Energy gels ○ Sports bars
<p>0-30mins after run</p> 	<p><i>Body is most receptive to food!</i></p> <ol style="list-style-type: none"> 1. Replenish glycogen levels. 2. Rehydrate. 3. BCAA protein to repair muscle. 4. Electrolytes. 5. Reduce blood acidity levels. 	<p>4:1 Carb:Protein Ratio</p> <ul style="list-style-type: none"> ○ Fruit, raisins or trail mix ○ Hardboiled egg, jerky or lean meat ○ Protein powder smoothie ○ Fruit and almond butter ○ Apple sauce with protein powder ○ Veggies and guacamole/hummus
<p>Within 2-hrs after run</p> <p>2 HOURS</p> 	<ol style="list-style-type: none"> 1. Replenish glycogen stores with sources rich in micronutrients and antioxidants. 2. Continue to supply amino acids for muscle repair. 3. Full meal following real food guidelines. 	<ul style="list-style-type: none"> ○ Leafy green vegetables ○ Animal protein sources ○ Water to rehydrate ○ Lean meat and veggies (cauliflower rice, spaghetti squash, salad) ○ Quinoa, sweet potatoes, wild rice, fruit
<p>Other hours of the day</p> 	<ol style="list-style-type: none"> 1. Rebuild muscle tissue. 2. Neutralize blood acidity. 3. Reduce inflammation. 4. Maintain body weight. 5. Maintain glycogen stores. 	<p>Lean protein</p> <ul style="list-style-type: none"> ○ Wild caught fish & seafood ○ Grass fed beef or pork ○ Wild game meats, poultry, eggs <p>Healthy fats</p> <ul style="list-style-type: none"> ○ Oils: coconut, olive, avocado, walnut, macadamia oil ○ Coconut, butter, nuts and seeds ○ Omega-3 supplements <p>Carbohydrate primarily from fresh vegetables and fruit.</p>