

Nutrition for Runners: A Quick Start Guide

Fueling well will help you get the most out of your runs and prepare you for race day. The following recommendations are designed to be a guide. However, each runner's needs may differ depending on fitness level, experience, age, gender, and size. For a customized program, meet with a registered dietitian who specializes in sports nutrition.

General Healthy Eating Guidelines

- Eat a variety of fruits and vegetables, whole grains, lean protein, and some plant-based fat
- Eat about every 3-4 hours based on hunger cues
- Hydrate throughout the day with water or other unsweetened beverages

Fueling for the long run (>60 minutes) and race day



It's important to start testing out fueling strategies early in training to make sure your digestive system can tolerate the foods you plan to use. Everybody tolerates different foods, but it is possible to "train" your stomach to accept fuel through practice. It's OK to test out fueling on shorter runs to start, but make sure to test on a long run before race day.

