

Special Note: It is very important for each runner to experiment with the different food options early during the training season (especially for the long runs) and settle for the nutrition options that works best for him/her. We do not recommend trying out new/different food options on the day or the night before the race. Please note that you may be traveling long distance during the big race weekend and you may want to plan ahead for the food during the trip/race. The following table lists the various options you can try during the training season.

1 – One/Two days before the long run

Good early dinner (carbs) on the 1 and 2 nights before the long run (examples: Pasta, Rotis, Rice, etc.). Drink plenty of water. Avoid spicy meals for pre-race dinners. Minimize or avoid alcohol on the night before long run (OK in moderation, example: 1 glass of wine, etc)

4 - After the long run

4:1 ratio of carbs to protein within 15-30 min after race

- Prevents muscle breakdown, replenishes glycogen stores. Examples (from <https://blog.runkeeper.com/1817/10-great-post-workout-snacks-to-help-you-refuel/>)
 - 1 cup chocolate milk
 - 1 KIND or Lara granola bar
 - 1 rice cake with 2 T peanut or almond butter
 - 1 egg with whole wheat toast
 - 1 banana with 1 oz pistachios
 - ¼ cup roasted chickpeas with ¼ cup blueberries
- Healthy carbohydrate- & protein-rich, low-fat meal when fully recovered
 - Chicken curry w/ 1 c brown rice, 2 c vegs, & 3-6 oz chicken or tofu
 - 1 c pasta w/ 2 c vegetables & 3-6 oz protein
 - 3-6 oz salmon w/ 2 c vegs & 1 c rice

2 - Day of the long run

90-120 minutes before the run

350-550 calories, high carbohydrate, low fiber, low fat
 Examples:

- 2-3 slices of toast, 1 English muffin, or 1 bagel with jam
- 1 ½ cups white or wheat pasta with low-fat sauce (e.g. pesto, tomato sauce)
- 1 cup low-fiber cereal (<3 grams per serving) with skim or 1% milk (Cheerios, Honey Bunches of Oats)
- ¾ cup plain Greek yogurt with ¼ cup berries
- 1 banana with 1 T peanut butter
- ½ cup oatmeal (dry) with ¼ cup berries or dried fruit

If eating 2 hours before the run: boiled or scrambled eggs with home fries

3 - During the long run

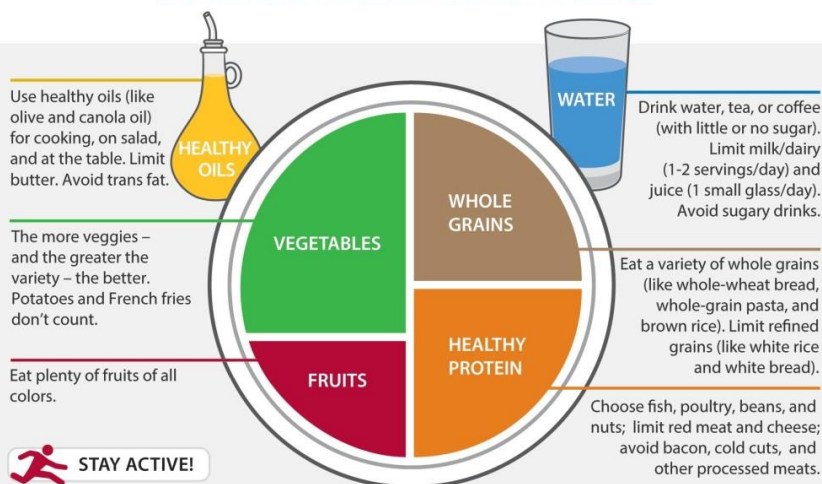
Fuel every 20 minutes

45-60 grams of easily digestible carbohydrates every hour
 Examples:

- Drink a cup of Gatorade or water once at every stop (once in 2-3 miles). Avoid over hydration. Most of our target half/full marathon races provide Gatorade (Lime flavor) and water at their water stops.
- Gatorade (1 20-oz bottle = 35 g CHO).
- Gu Chews (4 chews = 23 g CHO)
- Gu energy gel (1 packet = 23 g CHO)

Don't drink Gatorade along with Gu gel. Gu gel + water is recommended. Allow some time gap between Gu gels and Gatorade.

HEALTHY EATING PLATE





EAT LIKE AN ATHLETE

Five rules for everyday eating when you're in training

1 DON'T RUN ON EMPTY Have a 200-calorie snack at least an hour before your run so you stay energized while you're on the road. Head out on an empty stomach, you won't be able to go as far or as fast.

2 DEVELOP A DRINKING HABIT Stay hydrated. Each day, aim to drink half your weight in ounces. That is, if you weigh 120 pounds, drink 60 ounces a day. If you weigh 180 pounds, drink 90 ounces a day.

3 MAINTAIN A HEALTHY BALANCE Carbs are the body's preferred source of fuel, but the protein and fat are vital as well. Protein helps rebuild muscle tissue, and unsaturated fats help keep the heart healthy and prevent injuries. Be sure to get all three nutrients at each meal.

4 KEEP A FOOD DIARY Do this for three consecutive days to get a sense of your calorie and fat intake, overall food variety, and whether you are getting all the nutrients you need. Make any adjustments accordingly.

5 CUT BACK ON THE JUNK There's nothing worse than starting a long run when you're nursing a hangover or feeling bloated from that seventh chocolate-chip cookie. Follow the 80-20 rule: 80 percent of the time, be careful to eat healthfully; 20 percent of the time, give yourself some leeway to indulge a little.

Energy to go the distance

What to eat and drink before, during, and after long runs

	WHAT	WHEN	SUGGESTIONS
Before the run	EAT 350 to 550 calories of high-carbohydrate, low-fiber, low-fat foods DRINK at least 8 to 16 ounces	90 to 120 minutes before the run (the bigger the meal, the more time needed to digest) 1 hour before the run	Energy bars, sports drinks, low-fiber cereal and skim milk, fruit and yogurt, fig cookies, pretzels, bagel with jam Water, sports drink
During the run	EAT Have 45 to 60 grams of carbohydrates each hour DRINK 3 to 6 ounces of water or sports drink	Take in some fuel every 20 minutes Every 15 to 20 minutes. Aim for 16 to 20 ounces per hour (depending on your sweat rate)	Energy gels, bars, sports drinks, or chews Sports drinks
After the run	Aim for a 4:1 ratio of carbs to protein EAT a healthy, carbohydrate- and protein-rich, low-fat meal when you have fully recovered DRINK 8 to 24 ounces; more if it's hot	Within 15 to 30 minutes of finishing Within 2 hours of finishing your healthy snack. If you're eating the meal right away, you can skip the above snack Within 60 to 90 minutes of finishing	Low-fat chocolate milk, energy bar, ham sandwich, pretzels and peanut butter, fruit smoothie with a little protein Water or sports drink

RUNNER'S DIGEST

Don't let GI distress sideline your training or your race

WATCH THE FIBER AND FAT

→ Fiber is good for your heart, and it helps keep your digestive system running smoothly, but on the run, it can give you trouble. Keep your pre-run meals low in fiber and fats, and high in carbs.

HOLD THE SWEETENERS

→ Check the label of your energy bar for anything ending in "ol"—sorbitol, mannitol, and so on, and avoid gels with fructose as the first sugar on the ingredient list. These can cause stomach problems. Also, take gels with water, not sports drinks, so you don't overload your GI tract.



WATCH THE TIMING

→ Allow three hours between big meals and your run, and eat dinner at least two hours before bed. Try to empty your system before a run. Coffee and tea can help move things along, but limit your intake to one cup. Caffeine can trigger GI complaints when taken in large amounts.