

# Nutrition During Training

*No matter which event you decide to do, proper nutrition is vital to your success!*

## Tips to fueling the body right:

- As runners mileage increases, so should calories. More specifically, carbohydrates.
- A runners diet should contain ~55% of calories from carbohydrates during daily training and can increase up to 65% prior to event.
- Glycogen, a stored carbohydrate is needed for energy and fuels the body for endurance exercise.
- Exercise produces free radicals from the extra oxygen intake, therefore it is important to eat foods rich in antioxidants.
- Aim for 5-9 servings of antioxidant rich fruits and vegetables, such as: green leafy vegetables, carrots, citrus fruits, as well as including seafood, meat, fish, and fortified breakfast cereal.
- Fish contains omega-3 fatty acids, which can reduce inflammation.

## Snack Time:

- It is important to time your snacks/meals with your training.
- Rule of thumb: 400-800 calories (high carbohydrate, low fat, and moderate protein) within 2-4 hours of exercise.
- Don't forget to hydrate during the day!

## Train the Gut:

- \* One of the biggest challenges runners face when training is teaching their stomach to accept food during exercise. For continuous endurance exercise lasting longer than 45 minutes, eating during exercise is essential.
- \* Now is the time to experiment! Training is the time to experiment with various food and beverages during training to determine which works best.
- \* Choose food that is high in easily digestible carbohydrates and low in fat and protein.
- \* Some examples: bananas, fig bats, pretzels, gummy bears, sports bars, sports drinks, or energy gels.
- \* Goal: 30-60 grams of carbs + 8 oz water per hour
- \* Fluid intake during exercise should match losses. Weigh yourself before and after exercise. For each pound of weight lost, aim for 16 oz. of fluid.

## Do Your Homework:

- Each race offers different sports drink/gels/etc. Find out what your race has, then train with that.
- To minimize race day variables, aim to train with the sports beverage that is available at the event.
- **Whistlestop uses: Blue (Mountain Blast) PowerAde**
- If you do not tolerate this, you may need to come up with a new plan, such as carrying your own nutrition on you.



## Post Exercise Nutrition:

- Consume calories and fluids immediately following the training run. Aim for 100- to 400 calorie snack.
- Eating a high-carbohydrate snack with a modest amount of protein in the immediate post-exercise has been shown to quickly stimulate the replacement of glycogen that was used up during exercise.
- This aids recovery and will allow the runner to start stocking up on stored carbohydrate for the next run.
- Runners should consume a real meal within two hours of run. Aim for 3:1 ratio of carbohydrate: protein to adequately replenish glycogen stores and rebuild muscles.

## Example Meal Planning

Breakfast: Eggs, whole wheat toast, half an avocado and a whole banana

AM snack: Apple w/peanut butter

Lunch: Quinoa bowl with black beans, chicken, assorted vegetables, salsa and cheese

PM snack: Greek yogurt with berries and low-fat granola

Dinner: Salmon, brown rice, broccoli

Evening snack: Whole-grain cereal with milk and berries



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