

RUNNERS NUTRITION

WHAT SHOULD I EAT FOR DINNER THE NIGHT BEFORE A MORNING RUN ?

Runners should eat a well-balanced meal that provides plenty of carbohydrate - grains or pasta, vegetables, milk - and a moderate amount of lean protein - for example:

- Vegetable-laden tomato sauce with 50-100 g chicken or lean meat over pasta
- Beef and vegetable stir fry over noodles or rice
- Bean and vegetable soup with whole grain bread and skim milk
- Fish, vegetables and brown rice

WHAT SHOULD I EAT BEFORE A RUN WORKOUT?

Be aware that food choices and tolerance levels vary according to the individual. Try various food combinations during training so you know what foods are most easily digested for you. Use these guidelines to help you get started:

If eating 2 or more hours before running:

Eat a small high carbohydrate meal that is low in fat and has a small amount of protein for lasting energy. For example:

- Low fat yogurt with low fat granola with raisins
- Bagel with peanut butter and honey
- Ready to eat cold cereal with low fat flavored soymilk
- Oatmeal with 1% milk and a piece of fruit

If eating 1 hour before running:

Drink a liquid meal such as a yogurt and fruit smoothie or meal replacement drink. Sports bars are another alternative, but be sure to choose one that provides at least 30g of carbohydrate and no more than ~8 grams of protein.

If running first thing in the morning:

Drink a glass of sports drink, diluted fruit juice, or water and an energy gel. These options will provide approximately 75-100 calories and should prevent light-headedness or low blood sugars during a 30-45 minute run (provided a good meal is eaten the night before).

SHOULD I EAT A GEL OR ENERGY BAR DURING RUN TRAINING?

If moderate to intense exercise lasts longer than 90 minutes, it is recommended to take in carbohydrates to keep muscles adequately fuelled. In exercising less than 90 minutes, and if a carbohydrate-rich meal has been eaten the night before, or if a small amount of carbohydrate has been ingested the morning of a workout, you should be adequately fuelled.

SHOULD I DRINK WATER OR A SPORTS DRINK DURING RUN TRAINING?

Yes, maintaining hydration is important for optimal running performance. Water should be appropriate for most runners, but in some cases, a sports drink may be better for example:

- If a runner does not like water,
- If a runner has not eaten any carbohydrates for 2 or more hours prior to running

DO I NEED TO EAT OR DRINK FOR RECOVERY AFTER A RUN WORKOUT?

The body is primed to replenish glucose stores in the 30 minutes following a workout, but, if a second workout is not planned for the day, then this window of opportunity is not crucial. As long as a healthy meal or snack is eaten within 2 hours of exercise, followed by a regular pattern of meals and snacks for the remainder of the day, the body should be refueled adequately.

Re-hydration with water will promote better recovery after run sessions. Drink water during stretching and on the way home.

FEELING TIRED DURING WORKOUTS? YOU MAY BE DEHYDRATED.

There is no benefit to over-hydrating for these sessions, but there is a definite cost to being dehydrated. Adjust the amounts to suit your needs depending on sweat rate, tolerance and body size.

Timing	Amount of fluid
2 hours before running	2 cups
10-15 min before running	1 to 2 cups
Every 15-20 min during run	1/3 - 1/2 cup
Immediately after training	1 - 3 cups