

# FUELING YOUR EVENT



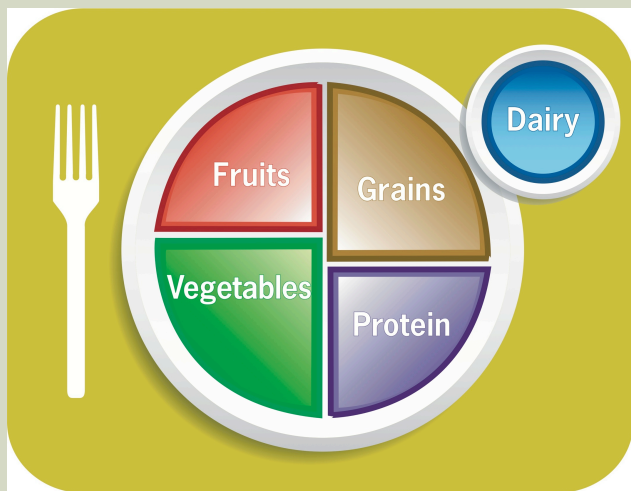
May 8, 2018

# OUTLINE

- Training diet overview and composition
- Pre, during, and post event nutrition
- Carbohydrate loading
- Nutrition for traveling



# TRAINING DIET



## MODERATE TRAINING:

**FATS**  
1 Tablespoon

**Grains**  
Pasta  
Rice  
Potatoes  
Cereals  
Breads  
Legumes

**Lean Protein**  
Poultry  
Beef/Game/Lamb  
Fish  
Eggs  
Low-Fat Dairy  
Soy (e.g., Tofu, Tempeh)  
Legumes/Nuts

**Vegetables**  
Raw Veggies  
Cooked Veggies  
Veggie Soups

**FRESH FRUIT**  
Fresh Fruit  
Stewed Fruit  
Dried Fruit

**BEVERAGES**  
Water  
Dairy/Nondairy Beverages  
Diluted Juice  
Flavored Beverages

**COFFEE/TEA**  
Coffee  
Tea

**FLAVORS**  
Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

**AVOCADO**  
Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter

## EASY TRAINING / WEIGHT MANAGEMENT:

**FATS**  
1 Teaspoon

**Whole Grains**  
Pasta  
Rice  
Potatoes  
Cereals  
Breads  
Legumes

**Lean Protein**  
Poultry  
Beef/Game/Lamb  
Fish  
Eggs  
Low-Fat Dairy  
Soy (e.g., Tofu, Tempeh)  
Legumes/Nuts

**Vegetables & Fruits**  
Raw Veggies  
Cooked Veggies  
Veggie Soups  
Fresh Fruit

**BEVERAGES**  
Water  
Dairy/Nondairy Beverages  
Diluted Juice  
Flavored Beverages

**COFFEE/TEA**  
Coffee  
Tea

**FLAVORS**  
Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

**AVOCADO**  
Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter

## HARD TRAINING / RACE DAY:

**FATS**  
2 Tablespoons

**Grains**  
Pasta  
Rice  
Potatoes  
Cereals  
Breads

**Lean Protein**  
Poultry  
Beef/Game/Lamb  
Fish  
Eggs  
Low-Fat Dairy  
Soy (e.g., Tofu, Tempeh)  
Legumes/Nuts

**Vegetables**  
Cooked Veggies  
Veggie Soups  
Raw Veggies

**FRESH FRUIT**  
Fresh Fruit  
Stewed Fruit  
Dried Fruit

**BEVERAGES**  
Water  
Dairy/Nondairy Beverages  
Diluted Juice  
Flavored Beverages

**COFFEE/TEA**  
Coffee  
Tea

**FLAVORS**  
Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

**AVOCADO**  
Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter

# TRAINING DIET: CARBOHYDRATE

- 5-10 grams carbohydrate per kilogram bodyweight

Meal time	Food	g Carb
6am pre-run	½ bagel, 1 TBSP fruit jam	35 g
8am breakfast	1 cup oatmeal, 1 medium banana, 1 cup 2% milk	68 g
10am snack	1 cup low-fat yogurt, 1 medium apple	57 g
12pm lunch	Sandwich (2 slices bread), ¾ cup pretzels, 2 cuties	73 g
3pm snack	8 dried apricots, 1/3 cup almonds	41 g
6pm dinner	1 cup brown rice, 1 dinner roll, 1 cup broccoli, 1 cup 2% milk	50 g
8pm dessert	1 cup non-fat frozen yogurt, 1 cup raspberries	50 g
		<b>TOTAL</b> 407 g

# TRAINING DIET: PROTEIN

- 1.2-1.7 g protein per kilogram bodyweight

Meal time	Food	g Pro
6am pre-run	½ bagel, 1 TBSP fruit jam	2 g
8am breakfast	1 cup oatmeal, 1 medium banana, 1 cup 2% milk	14 g
10am snack	1 cup low-fat greek yogurt, 1 medium apple	13 g
12pm lunch	Sandwich (2 slices bread +3 oz turkey), ¾ cup pretzels, 2 cuties	23 g
3pm snack	8 dried apricots, 1/3 cup almonds	10 g
6pm dinner	1 cup brown rice, 1 dinner roll, 1 cup broccoli, 1 cup 2% milk, 6 oz fish	49 g
8pm dessert	1 cup non-fat frozen yogurt, 1 cup raspberries	6 g
		<b>TOTAL</b> <b>117 g</b>

# TRAINING DIET: FAT

- 1-1.5 g fat per kilogram bodyweight

Meal time	Food	g Fat
6am pre-run	½ bagel, 1 TBSP fruit jam	1 g
8am breakfast	1 cup oatmeal, 1 medium banana, 1 cup 2% milk	9 g
10am snack	1 cup low-fat greek yogurt, 1 medium apple	5 g
12pm lunch	Sandwich (2 slices bread +3 oz turkey), ¾ cup pretzels, 2 cuties	17 g
3pm snack	8 dried apricots, 1/3 cup almonds	24 g
6pm dinner	1 cup brown rice, 1 dinner roll, 1 cup broccoli, 1 cup 2% milk, 6 oz fish	22 g
8pm dessert	1 cup non-fat frozen yogurt, 1 cup raspberries	0 g
		<b>TOTAL 78 g</b>

# TRAINING DIET: CALORIES

- Runner's are always either fueling or refueling

Meal time	Food	Calories
6am pre-run	½ bagel, 1 TBSP fruit jam	194
8am breakfast	1 cup oatmeal, 1 medium banana, 1 cup 2% milk	375
10am snack	1 cup low-fat greek yogurt, 1 medium apple	220
12pm lunch	Sandwich (2 slices bread +3 oz turkey), ¾ cup pretzels, 2 cuties	430
3pm snack	8 dried apricots, 1/3 cup almonds	405
6pm dinner	1 cup brown rice, 1 dinner roll, 1 cup broccoli, 1 cup 2% milk, 6 oz fish	723
8pm dessert	1 cup non-fat frozen yogurt, 1 cup raspberries	249
		<b>TOTAL 2596</b>

# PRE-EVENT

- Carbohydrate rich
  - 4 hours before 4 g/kg
  - 3 hours before 3 g/kg
  - 2 hours before 2 g/kg
  - 1 hour before 1 g/kg → quick digesting, semi-liquid or liquid
- Low fat
- Moderate protein
- Low fiber
  
- Early AM workout? Eat a bedtime snack
  
- Fluids: 5-7 ml/kg 4 hours pre-race
  - Sodium stimulates thirst and retains fluid





# CARBOHYDRATE LOADING

- Continue same diet (5-10 g carb/kg/day) while training tapers
- Weight gain? It's working!



# DURING EVENT

- 1 hour or less: H<sub>2</sub>O
- 1-2.5 hours: 30-60 g CHO/hour
  - Sports drinks
  - Gels/Gus
  - Solid food...pace and sport dependent
  - Flavor fatigue is real
- >2.5 hours: can train gut up to 90 g CHO/hour
- Fluid: 5-12 oz every 15-20 min
- Electrolytes:
  - Are you a salty sweater?



# POST EVENT

- **3 R's of Recovery:**
  - **REBUILD with Protein**
    - 0.3 g/kg protein or about 20-30 grams for most people
  - **REFUEL with Carbohydrate**
    - At least 30-50 grams
  - **REHYDRATE with fluids**
    - Fluid to replace losses (16 oz/lb lost during exercise)
- **Meal vs convenience items**
  - Schedule/location
  - Cost
- **Alcohol**
  - Major part of many post-race celebrations
  - Eat first
  - Minimize dehydration by alternating water and alcohol



# TRAVELING TO EVENTS

- Bring familiar foods, locate grocery stores at destination
- Research restaurants ahead of time
- Hydrate, hydrate, hydrate



**QUESTIONS?**