

# Fueling Your Long Run

## Before:

When: 1-2 hours before your workout (6-7:00am)

What: Simple carbohydrates and protein.

*Recommendations: Avoid high fat, high protein, and high fiber foods before exercise to reduce GI distress during activity.*

- A peanut butter and banana or PBJ sandwich
- Greek yogurt with berries
- Oatmeal with low-fat milk and fruit
- Apple and peanut or almond butter
- Handful of nuts and raisins (two parts raisins: one part nuts)

Hydration: 2-4mL per pound of body weight in the 2-4 hours before activity

*150lb athlete this is 300-600mL or 1-2.5 cups.*

Yes, coffee counts!

## During:

When: Any workout lasting more than 1 hour.

What: 30-60 grams of simple carbohydrate per hour.

- Gels (1 GU Energy Gel has 22 grams of carb)
- Waffle (1 Stroopwafel has 23 grams of carb)
- Chews (Clif Bloks have 24 grams of carb per 3 chews, 48g of carb per packet)
- Sports Beans (1 packet contains 25grams of carb)
- Gatorade/sports drink (8 oz of Gatorade has 14g of carb ~ 4g of carb per Dixie cup at the water stations)

Hydration: Drink water at EVERY water stop, regardless of distance.

*Training runs are for experimenting! Find out what works best for you now, not on race day!*

## After:

When: ASAP! Within 30 minutes of completing your workout.

What: Complex carbohydrates and protein.

*3:1 Carbohydrate:Protein*

- Post-workout recovery smoothie (or post-workout smoothie made with low-fat milk and fruit)
- Low-fat chocolate milk
- Turkey on a whole-grain wrap with veggies
- Yogurt with berries

Hydration: Important immediately after and throughout the remainder of the day.

## General Hydration Tips

Weigh yourself before and after a workout.

- Losing weight = Dehydration – Consume 2 cups of water per pound lost.
- Gaining weight = Over hydration – Cut back on water consumption on your next run.
- No change in weight = Euhydration – You hydrated well! Keep it up!

Urine color is a great indicator of hydration status!

