



Nutrition for Runners

Mustangs Running Camp 2016



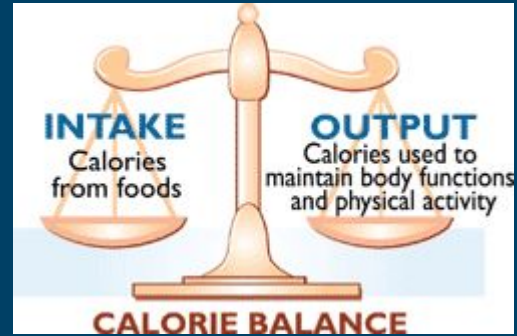
Intro

- Food & energy expenditure
- What's what? Carbs vs. protein vs. fat
- What to eat & when to eat it
- Hydration
- Supplements



It's a balance!

The more you run, the more you need to eat.





Protein



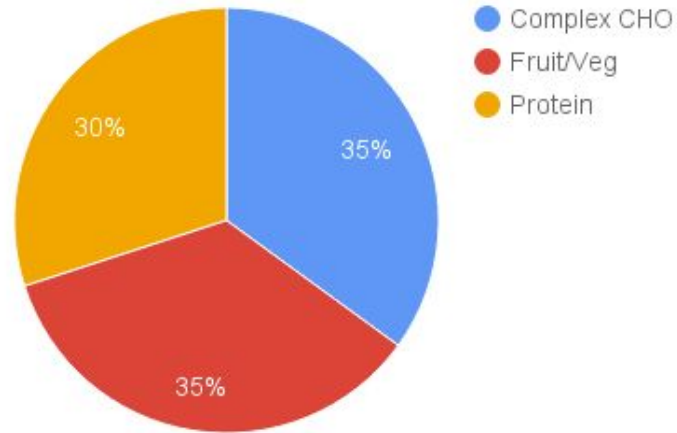
Fat



Carbohydrates

- As training increases, so does the need for CHO
- Protein remains the same
- Fruit/veg needs decrease

Moderate Training





For Practice

Before

Eat a good, hearty breakfast!

Complex carbs at lunch

Something small 1hr before practice

After

Protein + carbs ASAP

Chocolate milk

Healthy dinner to help speed up muscle recovery



For Race Day

Before

Light protein & heavy carbs the night before

Something small/conservative for breakfast

Quick carbohydrate snack 30 minutes prior to warm-up

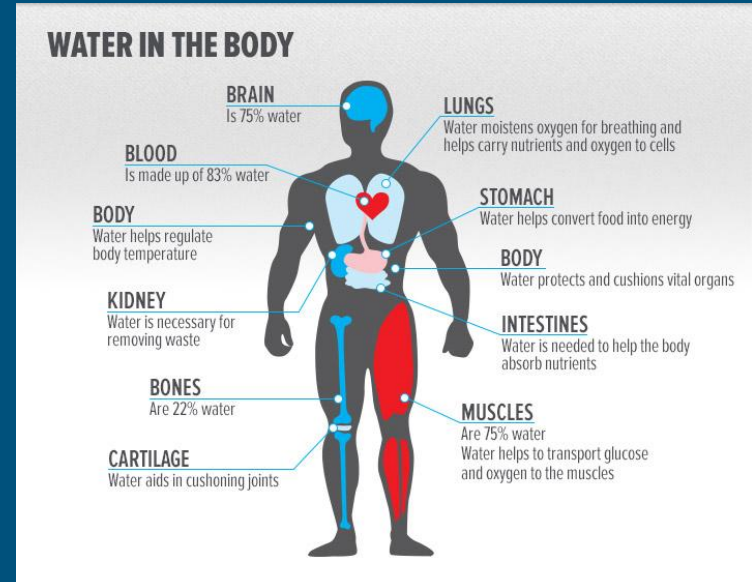
After

Protein + carbs ASAP

Hydrate!

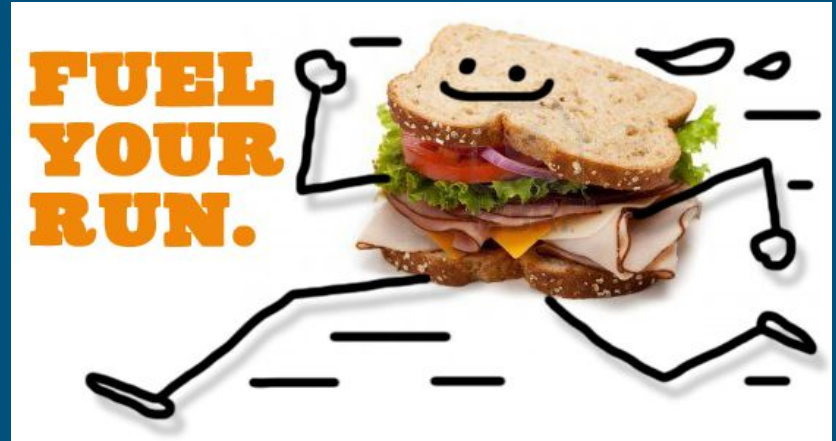
Hydration

- Replaces fluids lost in sweat
- Cleanses “waste products” and toxins from body
- Gatorade is great, but water should be the main source
- Hydrate ALL DAY LONG!



Other info

- Iron- runners need more than most!
 - Sources: red meat, green vegetables, supplements
- Real meat > protein powder/bars
- If you put junk in, you'll get junk out





Good luck!