

RUNNER'S CLINIC

WHAT TO EAT DURING TRAINING AND COMPETITION.

Just as you train with a variety of workouts, you need to train with fuels as well. Try different foods during training to determine what works best. Remember, sports foods and fluids are dependent upon a strong nutrition foundation.

BEFORE

FUEL		HYDRATION	
3-4 hours before	<p>Summary: A carbohydrate-rich meal to top off your fuel stores. Include some protein to help with muscle recovery. Consider a liquid meal replacement if you can't stomach solid foods. (100-300 grams of carbohydrate)</p> <p>Amounts: 1-2 grams carbohydrate/pound of body wt. Moderate protein Low fat and low fiber—ease digestion</p> <p>Examples: +Peanut butter and jelly sandwich, non-fat milk +Yogurt and granola, strawberries +Pancakes/French toast, syrup, bananas, pecans +Grilled chicken sandwich, lettuce/tomato, baked potato wedges +Pasta w/low-fat meat sauce and garden vegetables, plain bread sticks, non-fat milk +Breakfast wrap—scrambled eggs, cheese and salsa, 100% fruit juice</p>	2-3 hours before	<p>Dehydration impairs performance. Monitor your urine color to assess hydration status. It should be pale yellow.</p> <p>16-24 oz of fluids</p> <p>+Water +Sports drink +Non-fat milk +100% fruit juice</p>
	<p>30-60 minutes</p> <p>Top off your fuel stores with easy to digest carbohydrates. (40-60 grams of carbohydrate)</p> <p>Granola bar Pretzels and banana Fig bars Graham crackers Bagel Sports drink or chews</p>		<p>10-20 minutes</p> <p>~ 8 oz (about 8 gulps or swallows)</p> <p>Water Sports drink</p>

DURING-SUSTAIN ENERGY

FUEL		HYDRATION	
Exercise > 60 min.	<p>Carbohydrates are what your body needs during training and competition. They provide a steady supply of energy to improve performance and delay fatigue.</p>	Every 15-20 minutes	<p>If it's hot and humid, your fluid needs will be increased.</p> <p>8 oz – water is fine</p>
	<p>30-60 grams of carbohydrate/hour (10-20 grams every 20 minutes) —sports drinks, gels, chews, bars</p>		<p>More than 60 minutes</p> <p>8 oz every 15-20 minutes—use a sports drink to help your body replace electrolytes and improve fluid uptake.</p>

AFTER-RECOVERY

FUEL

Summary: The first 30 minutes after a workout is crucial for recovery. Your body is primed for carbohydrates to restore fuel to your muscles and protein to make repairs. This is especially important for daily high-intensity or back-to-back workouts.

Examples:

- + Chocolate milk (low-fat), granola bar
- + Peanut butter and jelly sandwich, sports drink
- + 2 string cheese, whole-grain crackers, apple
- + Bagel with cheese or turkey, sports drink
- + Smoothie—low-fat yogurt, frozen berries and banana
- + Sports drink and sports bar

Repeat above every 2 hours (twice) or consume a meal similar to your pre-training/competition meal.

2 hours

Meal Ideas: (watch your portion sizes, you may do just half now and the other half in 2 hours)

- + Burrito or rice bowl—Rice, chicken/pork/beef/beans, vegetables, & salsa, easy on the sour cream and cheese. Add tortilla chips and guacamole. Water.
- + Subs—whole grain bread, turkey/chicken/roast beef, veggies, cheese, & mustard/ketchup/touch of mayo. Add pretzels, water or low-fat milk.
- + Baked/grilled chicken/fish/lean beef, broccoli and brown rice, whole grain roll, low-fat milk or frozen yogurt.

HYDRATION

How much did you lose?

Dehydration impairs performance. Monitor your urine color to assess hydration status. It should be pale yellow.

Within 30 minutes

Sports beverages can provide the carbohydrates and protein your body needs.

- + Chocolate milk, low-fat
- + Recovery beverage with carbohydrate, protein and electrolytes
- + Gatorade O3 shake or electrolyte drink, EnduroxR4, Recoverite, or Ironman Restore

If you're watching your weight, water or a low-calorie electrolyte drink is best to rehydrate with your meals.

Nutrition Recommendations:

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Adapted from: PowerBar Sports Nutrition & Hydration, and Sports Cardiovascular and Wellness Nutrition (SCAN), Eating Before Exercise, Eating During Exercise, and Eating During Recovery, Nutrition Fact Sheets Issue 1, 3, 4, April 2009.