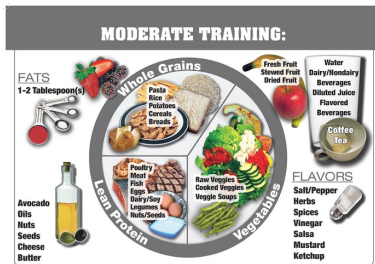


Pre-Workout Nutrition

- Eat a combination of foods high in carbs & moderate in protein
- Focus on foods low in fat & fiber
- Length & intensity of workouts matter to determine what you can tolerate before
- 6am run? Fuel well the night before and eat something small in the morning
- Experiment to figure out what foods work best. Start small and work up your tolerance!

2-4 Hrs Before Exercise

- Eat a meal that consists of higher carb, moderate protein, lower in fat
- Turkey & cheese sandwich, fruit, pretzels
- Rice/quinoa bowl with chicken, broccoli, pesto
- Always remember to hydrate with at least 16-20 oz of fluid
- If you have eaten a meal >2hrs before a run, consume an easily to digest carb (such as pretzels, granola bar) before practice



Example Schedule

Monday (Rest Day)

8am	Breakfast
11:30am	Lunch
3pm	Carb/pro snack
6pm	Dinner
9:30pm	Evening Snack (if hungry and/or if running early in the AM)

Tuesday

8-8:30	Breakfast
12pm	Lunch
4:30pm	Carb Snack
5:30pm	Run (Track workout, ~1hr)
7:30pm	Dinner
9:30pm	Evening Snack

Wednesday

5:30am	Small carb snack
6am	Run (45 min)
8am	Breakfast
11:30am	Lunch
3pm	Carb/pro snack
6pm	Dinner
9:30pm	Evening Snack (if hungry and/or if running early in the AM)

PRE-TRAINING FUEL IDEAS

THE CLOSER YOU GET TO TRAINING, THE LESS PROTEIN & FAT YOUR SNACK SHOULD HAVE

Eat 2-4 hours out from training (High carb, moderate protein, lower in fat and spice)



Eat within 1 hour of training (easy-to-digest carbohydrate)



Even more tips...

- Your gut is a muscle. Train it! If you don't usually eat in the morning before a run, start with a small amount of sports drink, half a packet of fruit snacks, or even a few bites of banana. Work your way up to tolerate more - eventually 12 oz of sports drink, 1-2 packs of fruit snacks, a whole banana with a little peanut butter...etc!
- Consider bringing fuel along for runs that are 1hr or longer. Gels, sports drink, chews, etc.
- If you work out realllyyy early in the AM and don't want to eat when you wake up (or don't have time!), try eating a carb rich meal/snack before you go to bed (i.e. bowl of cereal, greek yogurt parfait w/ granola)
- Consistent eating throughout the day is key. You won't find yourself starving at night if you are eating well earlier in the day.
- Simple formulas to remember: **3 meals + 2 snacks per day! OR no more than 3-5 hours without eating.**

POST-TRAINING FUEL IDEAS

Consume a carb + protein snack or a meal that consists of carb, protein, fruit/veg, fat within 45 minutes of finishing your training

Eat a carb + protein snack within 45 minutes of finishing your practice or lift.



Eat a meal that consists of a carb, protein, fruit/veg, and fat at least 2 hours after your snack.



Resources to check out:

Books:

Nancy Clark's Sports Nutrition Guidebook

Blog posts:

Great info about training your gut: <https://kellyjonesnutrition.com/train-your-gut-for-athletic-performance/>

Before and after training: <https://kellyjonesnutrition.com/what-to-eat-before-and-after-workouts/>

Instagram accounts:

@thedietitianrunner <https://www.instagram.com/thedietitianrunner/>

@featherstonenutrition <https://www.instagram.com/featherstonenutrition/>

@sportsdietitiankelsey <https://www.instagram.com/sportsdietitiankelsey/>