



NUTRITION FOR RUNNERS

Long Run Fueling

BIG PICTURE

- To run long distances, or for a long time, you need to eat enough all of the time.
- Carbs are not the enemy! Your muscles need carbohydrates to run. Your body also needs fat for endurance, so fats are *also* not the enemy.
- If you are struggling to figure out how to do that, or with your relationship with food, seek out the advice of a registered dietician that works with runners.

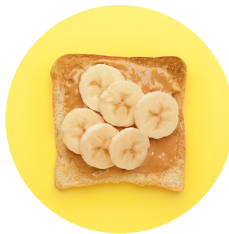


FIRST EAT, THEN RUN

Always eat before you run. People producing estrogen* are more likely to have elevated cortisol levels and reduced performance when running fasted. You also increase your risk of injury if you run without eating first.



It varies by individual how much time you need between a regular size meal and going for a run. Start with at least a 45-minute gap.



Your plate should have more simple, easy-to-digest carbs with less focus on fat and protein immediately before a run. If you struggle to eat first thing in the morning, try sipping on an sports drink mix or eating applesauce to start.

**Transgender women on hormone-replacement therapy receive estrogen through a different mechanism, so may not be as prone to performance issues from fasted running. But you should always make sure you're eating enough!*



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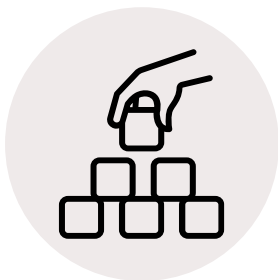
DURING YOUR RUN

As with everything, this takes some trial and error and depends on your individual physiology. The typical benchmark for consuming carbohydrates while running is 90 minutes, but if you're noticing you feel hungry or hit a wall on hour-long runs, you can experiment with adding fuel to those runs as well.



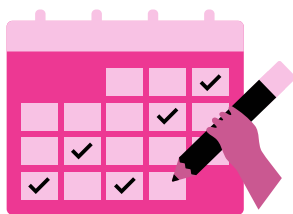
Current guidelines recommend taking in 30-60 grams of carbohydrates per hour on runs longer than 90 minutes.

The easiest way to hit this carbohydrate goal is by eating running-specific food like gels or gummies. They are very high in easy-to-digest carbs to quickly deliver energy to your muscles and keep you moving.



START SMALL

Start with 30 grams of carbs per hour and work your way up



PRACTICE OFTEN

"Gut training" can improve GI symptoms in as little as a month



EASE IN

Applesauce and sports drinks are great intro options.



Maltodextrin, the carbohydrate source for popular brands like Gu and Clif, doesn't agree with everyone. If that's the case, look for brands with other carb sources like maple syrup, rice syrup, or honey. Options include Honeystinger, Spring Energy, or Huma.



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FUELING OPTIONS

GELS

Gels come in single-use packets that are easy to eat while running. They have the most variety of flavors, which is perfect for experimenting with what you like. Make sure to drink water when you eat them!



GUMMIES

Gummies can provide a nice variety on longer runs, but can also be harder to eat on the go. Like most things, it comes down to personal preference!



WAFFLES



Most closely resemble real food and give you a great bang for your buck for calories!

SPORTS DRINKS



Helpful year-round, especially if you have a hard time eating while running at first!

POPULAR “REAL” FOOD OPTIONS



SHOPPING TIPS

- Note which items have caffeine, particularly if you're sensitive to it.
- Try what sounds good! There's something for every taste - sweet, citrus, fruity, etc.
- Try single-packs until you find the flavor you like. Then move to more cost-effective multi-packs!



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