

RUNVIE RACING TEAM VERY BASIC TRAINING NUTRITION

You burn roughly 80-100 calories per mile of running! With this in mind, follow these simple tips for your training and racing nutrition planning.

Hydrate

Everyday: drink a glass of water roughly every 1-2 hours (8-10 glasses per day)

Pre-training: drink 1-3 glasses of water 1-2 hours before training (with your pre-training snack); drink a few ounces before you begin training

During training: drink 6-8 ounces every 15-20 minutes (this can include sports drinks for longer training sessions >1 hour)

Don't over-hydrate, don't force fluids, that is bad

Eat before you train: Consume 100-400 calories 1-3 hours prior to a training session (total calories depends on how long you will train). Examples of a good pre-training breakfast include: whole grain toast with peanut butter, oatmeal, eggs & toast, power bar, 2 granola bars, etc. Fill-up your stomach with some real food so you have energy for your training.

Consume while you train: If you are training longer than one hour you need to consume 100-300 calories per hour of training. Sports drinks are good for shorter trainings, but for longer runs try gels, beans, blocks, and bars. Practice makes a perfect race day!

Post training nutrition: Consume at least 200 calories per hour of training in the first 2 hours post training. The first 30 minutes have been shown to be the most critical time for post-training replacement – we drink chocolate milk post-training with the right mix of carbs, calories, and protein. Other good choices are similar to those listed above for breakfast. Also rehydrate with at least 2 cups of water per pound lost during training.

Nutrition should include: Carbohydrates=60-65% of calories; Fats=20-25% of calories; Protein=12-15% of calories; add vitamins and minerals.

These are some simple tips to help you plan for your energy needs. Don't over eat, but don't under eat, food is the fuel that keeps you running. If you would like more specifics about daily nutrition requirements we can refer you to several sources.