

Fueling Your Run: Essential Nutrition Tips for Runners

Listen to your body for maximum results

Whether you're training for a marathon or just enjoying a morning jog, proper nutrition is key to maximizing endurance, performance, and recovery. The right balance of nutrients can make all the difference in how you feel during and after your run. Every runner is different, so experiment with what works best for you. Tune into how different foods affect your energy and recovery, and adjust accordingly.

Proper nutrition transforms running from exhausting to exhilarating—so fuel up wisely, lace up your shoes, and hit the road with confidence!

*****REMEMBER TO CONSULT YOUR PHYSICIAN
BEFORE BEGINNING THIS OR ANY NEW NUTRITION
PLAN*****



Carbohydrates: The Runner's Power Source

Carbs are your body's primary fuel. Before a run, opt for complex carbohydrates like whole grains, oats, and sweet potatoes for sustained energy. For longer runs, quick-digesting carbs like bananas, dates or energy gels can help maintain stamina.

Protein: Repair & Recovery

Running puts stress on muscles, so protein is essential for recovery. Lean meats, eggs, beans, and Greek yogurt help repair muscle tissue. Aim to include protein in meals after your run to aid in recovery.

Hydration: Stay Ahead of Dehydration

Dehydration can lead to fatigue, cramps, and decreased performance. Drink water throughout the day and consider electrolyte-rich drinks for longer runs. A simple guideline: about 16–20 oz of water two hours before a run and sips during and after.

Healthy Fats: Sustained Energy

Don't shy away from healthy fats—they help maintain endurance and support overall health. Nuts, avocados, and olive oil provide steady energy, especially useful for longer runs.

Micronutrients: Small but Mighty

Iron supports oxygen transport, calcium strengthens bones, and magnesium helps prevent cramps. Incorporate leafy greens, dairy, nuts, and seeds to keep these nutrients in check.

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