



Nutrition Basics for Half Marathon and Marathon Runners

small changes today for a healthier tomorrow

FIT SCHOOL, INC.

What to eat **BEFORE** a workout or race:

- Drink water throughout the day
- Try to eat the same food consistently before each long training run, and try to eat this food 1-hour before your long runs
- On race day, eat at the same time before your competition and the same foods that you've consistently been eating before workouts

A Few Foods to Try

Banana

Nuts

Oatmeal

Baked potato

Whole-grain bagel

Peanut butter and jelly sandwich

What to eat **DURING** a workout or race:

- Find out what brand of electrolyte drink or gel the race will have at the aid stations and train with this brand to make sure it does not cause your stomach any distress
- When you are running consistently for over 1-hour, you will need to replenish your water and electrolytes every 15-minutes or 2 miles, whichever comes first

A Few Foods to Try While Running (Try before race day!)

Water

Energy gel

Energy drink

What to eat **AFTER** a workout or race:

- Drink water throughout the day
- Eat something nutritious within 1 hour after a workout: fruits, vegetables, and sources of protein

A Few Foods to Try

Chocolate milk

Eggs

Baby carrots dipped in yogurt

Banana

Whole-grain muffin

Apple slices dipped in peanut butter

What to eat **EVERY DAY**:

- Drink water throughout the day
- Every day, eat meals high in carbohydrates to fuel and refuel your muscles
- Eat a healthy, well-balanced breakfast, lunch, and dinner, and 2 snacks each day

Nutrition Books for Half Marathoners and Marathoners:

- Encyclopedia of Sports Nutrition: The Ultimate Guide for Peak Performance by Liz Applegate
- Nancy Clark's Food Guide for Marathoners
- Nancy Clark's Sports Nutrition Guidebook