

The more miles we run, the more carbs we need.

Pre-Run Fuel

<60 MIN BEFORE

30 GRAMS CARB FOR RUN <70 MIN

30 grams =

- 1/4c dates/raisins
- 1 slice bread w/jam
- 1 English muffin

MAY TAKE LONGER TO DIGEST, EAT 90 MIN BEFORE

60-90 GRAMS CARB FOR RUN >70 MIN

60 grams =

- 1 bagel +peanut butter (add protein for satiety)
- 1.5 cups rice or pasta



50 grams carb



20 grams carb



12 grams carb per sheet



15 grams carb



Fuel During Runs >90 minutes

**30 GRAMS CARB PER HOUR MINIMUM
UP TO 90 GRAMS PER HOUR**

There is something for everyone!

Find what works for you!

If tolerated, caffeinated products can give you a boost.

Most products are ~20-30 grams carb per serving.
Start taking at 30 minutes, earlier than recommended on packaging.

Gels should be taken with water.



Recovery

**CARBS + PROTEIN
WORK TOGETHER TO
REPAIR POST RUN**

Eat as soon as you can, delaying eating can delay recovery!

Over 40? You need a little more protein to recover.

Consider skipping alcohol, which can impact sleep needed for recovery.

Have a shake waiting for you in the car!



Salmon/Turkey burger



Overnight oats w/chia, soy milk and peanut butter