

NUTRITION TIPS FOR RUNNERS

As a runner it is extremely important to properly fuel your body for your runs.

Have you ever had a run that just didn't go well? Chances are your nutrition played a role in that awful run you had.

Here are some simple nutrition tips to help you properly fuel your body for your runs!



1

HYDRATE

Making sure to get enough water in so important for runners, especially on hotter days. If going out for longer runs bring water with you. For shorter runs make sure to drink water before and after runs. Your daily water intake goal should be half your body weight in water!

2

PRIORITIZE PROTEIN

Protein plays such an important part in post run recovery. Getting adequate protein in throughout your day can help you to have more energy, feel better on your runs, and help keep you feeling fuller longer.

3

CARBS ARE KEY

Carbs are your main source of fuel as a runner so making sure to get adequate carbs in can greatly affect how you feel during your runs. Carbs are also important for post run recovery and can help you feel less sluggish and sore after a long run.

4

FUEL DURING YOUR RUN

When you start ramping up your miles you also need to start incorporating nutrition in during your runs. If your runs are longer than 30 to 45 minutes you'll want to carry a fuel source with you and repeat this every 30 - 45 minutes throughout your run.

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