



NUTRITION FOR RUNNERS

JARED WARD

1

FIND WHAT WORKS FOR YOU

There is no one diet that works universally. Everyone is different so you must find what works for you.

2

COUNT CALORIES FOR A SHORT TERM

Counting calories will let you know what your typical diet is and what improvements can be made. You want to learn how many calories you are taking in and what your macronutrient balance is. Then with that information, you can learn to make more beneficial food choices.

3

KNOW YOUR CALORIC NEEDS

A rough estimate to determine the minimum calories you need to function is 100 calories per 10 pounds of body weight. Then add 100 calories for each mile you run. Then add more for additional exercise.

4

BEGIN WITH 60-20-20

A safe place to begin when determining your optimal macronutrient balance is to aim to get 60% of your calories from carbohydrates, 20% from fats, and 20% from protein.

5

FUEL RIGHT AFTER A RUN

You want to restore your glycogen stores as quickly as possible after running by getting carbohydrates and 5-10 grams of protein within 30 minutes of exercising.

6

PUSH VEGETABLES AND WHOLE FOODS

Put vegetables and whole foods at the center of your diet. There are many good processed health foods and proteins out there but they should only be used to supplement your diet.

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