

# Nutrition Tips for Endurance Athletes

**\*\*Must be Individualized\*\***

## Pre Fueling Recommendations:

- 200 - 400 calories 3 hours before. Complex carbs and a little protein. Sandwich, bagel + yogurt, eggs + toast, sweet potato + yogurt.
- Less than an hour before: 200 calories or less pure carbohydrate. I.e. Low fiber cereal, fruit smoothie, oat granola bar, toast, raisins, banana, rice cake, orange, melon, etc
- Drink 10-20 ounces of water and/or electrolyte 1 hour before.

## During Recommendations:

General guidelines:

- 16 - 28 oz fluids/hr
- 100-600g Sodium Chloride (Salt)/16 oz - 28 oz fluid.

**\*most variable person to person.**

- 150-280 calories/ hr. i.e. gels, chews, fluid carbohydrate (closer to 300 is better)

**If exercising more than 90 mins you must start fueling within 5-10 mins and every 45 mins after.**

Do not over consume water, excessive water consumption is dangerous. You are more at risk if you are consuming only water and improper electrolyte drinks/tabs i.e. those with just salt and potassium.

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## Recovery Recommendations:

Should occur immediately after workout:

- Rehydrate: water + electrolytes.
- Replenish carbs + protein. Preferably in the 3:1 (4:1 is okay too). This should occur within 20 mins.

Should occur within an hour after workout:

- A well balanced meal. Carbohydrate + Protein. I.e. chicken + brown rice + veggies. Turkey burger + sweet potato + salad.

**Protein is critical for muscle recovery and immune system functioning. Ideal protein consumption is 1.4 - 1.7 g per kg of bodyweight.**

## General Nutrition Recommendations:

- Moderate simple sugar intake. I.e. sugary drinks, snacks, processed foods. I.e. bars (that contain too much sugar), pastries, and chips.
- Utilize quality carbohydrates. I.e. brown rice, sweet potatoes, and oats.
- Do NOT skimp calories near workouts.
- Work on appetite management. I.e. nutrient dense lunches. You should NOT be waking up hungry

*This handout is general recommendations for endurance athletes.*

Sources: *The Endurance Athlete's Guide to Success by Hammer Nutrition*  
*Nutrient Timing for Peak Performance*