

How to Fuel Your Activity

Running:

- 20-30oz water prior to run
- < 45 minutes → No fuel + water if desired
- 45 to 75 minutes → 15-30g carbohydrates (try Skratch Fruit Drops, CLIF Shot Bloks, gels, or even gummy candies) + water
- 1 to 2.5 hours → 30-60g/hr + water and electrolytes (3-6oz every 15 mins)
- >2.5 hours → 60-90g/hr + water and electrolytes (3-6oz every 15 mins)



Tips for fueling during different types of workouts:

Long Workouts:

- carbohydrate-based meal 2 to 3 hours before your run + light snack 30-45 minutes prior.
- 30-60g of carbohydrates every hour.
- Hydrate before the run (up to 20-30 ounces) and drink up to 8 ounces every 30 mins during the run.

Speed Workouts:

- carbohydrate-based snack 1 hour before the run
- stay hydrated throughout the day (or drink something before you head out in the morning).
- Hydrate and fuel during the run as needed, especially if the run exceeds 60 minutes.

Strength Workouts:

- Fuel with a carbohydrate-based snack up to 1 hour before the workout.
- Stay hydrated before and during the workout.



Easy Workouts:

- Fuel with a light carbohydrate-based snack up to 1 hour before the workout.
- Hydrate before the run. It is unlikely you'll need fuel during this workout (if it's under one hour).

Post work out:

- Protein: Aim for 20-40g protein post work out, could be included as meal, with meat, protein bars, yogurts, or smoothies, etc.
- Carbohydrates: 3:1 ratio carbs to protein, or body weight in lbs/2 = g of carbohydrates.
- Fat: focus on fat such as monounsaturated fats or omega 3's; avocado, nuts, seeds, fatty fish, etc
- Hydrate: Drink 24+ oz fluid or electrolyte beverage until urine runs pale.