

POCKET NUTRITION GUIDE //



AMATEUR ATHLETES

3 – 4 hours before the run:
take on carbs and liquids

Food ideas

Lunch

- large portion of rice with vegetables and egg
- pasta with tomato or Bolognese sauce
- rice with lean chicken breast and a light natural sauce

Breakfast with orange juice

- rice pudding or porridge with fruit
- bread, cheese, lean ham

WHAT TO DRINK

350 to 700 ml water or isotonic sports drink

1 – 2 hours before the run:
grab a carb snack

- banana milkshake
- porridge
- muesli with low-fat milk or plant-based alternative
- banana and a glass of orange juice

Enough liquid to feel good – you don't want a watery stomach
complementary: include a caffeine source i.e. through energy drinks or gels about an hour before start of the exercise.

during the run:
small carbs and liquid when you need it

- yellow banana
- energy bars or gels

Enough liquid to feel good – 400 - 800 ml per hour is good, but test how it works for you and your sweat loss

straight after the run

- recovery shake: reduced-fat milk, quark or yogurt, banana, berries, oatmeal and honey
- 500 ml banana milk
- 200 g fruit yoghurt and sports bar

sports drink or water

1 – 2 hours after the run

- chicken fillet with your favorite carbs and a pile of immunity-rich veg

water
Tip: try to drink 150% of the fluid you lost during the run



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COMPETITIVE ATHLETES

Note: This is just a guide. Professional athletes should consult a professional to tailor their diet and training.

	Food ideas	WHAT TO DRINK
36 – 48 hours before the run: carb loading	8 – 12 g carbs / kg body weight per day	Try to hydrate your body already in the days before the event. A quick indicator for yourself is the colour and volume of your urine.
3 – 4 hours before the run	1 – 3 g carbs / kg body weight, some protein, little fat, no fiber	5 – 10 ml / kg body weight of hydration
during the run	For a 2.5 hour run: 60 – 90 g carbs / hour 60 g = 2 gels, 2 granola bars, large bananas or a sports drink with a carbohydrate content of 6 – 8%	Try to sweat no more than 2% of your body weight, drink to rehydrate. Try to drink about 200 ml of sports drink every 20 minutes.
up to 2 hours after the run	1 – 1.5 g carb with a high glycemic index / kg body weight and 0.3 g protein / kg body weight	water or sports drinks to replace 150% of lost fluid (See the sweat test to work out your sweat rate)

