

CADENCE

RUNNING CLUB



LET'S TALK NUTRITION!

To Achieve Your Goals and Reach Your Full Potential as an Athlete – Proper Nutrition Must Supplement Consistent Training:

- ✓ Treat your body like a Ferrari; it won't run fast without proper fuel and maintenance. Consider every meal as an opportunity to **FUEL your engine**.
 - Fuel to prepare for an upcoming workout
 - Fuel to recover from a workout
 - Fuel to prepare for the next workout
- ✓ Calorie Intake. Runners torch **500-1000+** calories at each workout. You need to replace those calories in a healthy way to facilitate recovery. This means you need to plan your meals and calorie intake throughout the day to be prepared for the next workout.
- ✓ Getting enough **SLEEP** is as important as your food and exercise choices. **SLEEP** is when your body repairs and regenerates damaged tissue from the day's workout and builds bone and muscle to be ready for the next workout.



Let's Talk Nutrition!

1. Proper nutrition/fueling your training, recovery, and racing is a PERFORMANCE ENHANCER.
2. Fuel is your secret weapon – it's what lets you hit your times, recovery faster, avoid injuries and illness.
3. You wouldn't put cheap gasoline in a Formula 1 race car – your body is the SAME WAY

Common nutrition pitfalls/mistakes:

- **Underfueling or no fueling/skipping breakfast.** Both will lead to underperformance and declining performance, fatigue, soreness, increased likelihood of injury and illness.
- **Eat too little protein.** your body needs protein to repair itself after training and to get stronger and faster. Your muscles break down after training, and protein helps them to repair, build, and get stronger for the next session.
- **Use too many supplements or (high sugar) energy drinks.** real food is best

* AS WITH TRAINING, CONSISTENCY IN FUELING AND NUTRITION STRATEGIES IS KEY

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The Runner's Fuel Formula:

Before the Run: Carbs are your launchpad.

Go for easy-to-digest energy

- toast, banana, oatmeal, apple sauce, glass of orange juice.

During the Run: Stay topped off with electrolytes and quick carbs (gels, chews, or sports drink). (runs >60 minutes)

After the Run: Rebuild with protein + carbs — think eggs, rice, fruit, or chocolate milk.

Fueling right isn't just for race day — it's part of your training. Practice it. Test it. Perfect it.

🏁 Remember, training breaks you down, nutrition builds you back up!

🏁 Train hard. Fuel smart and with purpose.

🏁 Run strong and race with confidence.

FUEL LIKE A RUNNER

Feel stronger in the last mile, recover faster, and not feel dead halfway through workouts? Then let's talk nutrition.

3 GOLDEN RULES

1. Eat every 3-4 hours

Don't go all day without real food.

2. Carbs before, protein after

Carbs give you energy. Protein builds back muscle.

3. Color on your plate = power

Fruits and veggies aren't just 'healthy' — they literally help your body recover faster.

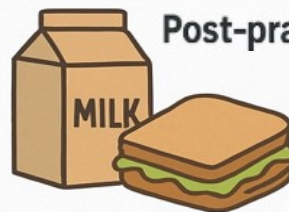
MAKE IT REAL

Pre-run



Banana and toast,
granola bar, PB&J

Post-practice



Chocolate milk,
sandwich, eggs and rice

Fuel right and you'll notice it — more energy in workouts, less soreness, fewer injuries, and faster times.

Pre-run fuel:

- Apple sauce
- Banana (plain)
- Banana w/honey drizzled on top.
- Maurten bars
- Honey Stinger Waffle
- Clif Shot Bloks
- Granola bar
- Bagel with jam or jelly

PRE-RUN FUEL: EAT TO PERFORM

How you fuel before a run can make or break your workout. The right pre-run foods give you steady energy, sharper focus, and a stronger finish.

TOP PRE-RUN FOODS (30-90 MINS BEFORE):



Banana + Peanut Butter

Quick carbs + a little fat for sustained energy.



Oatmeal with Berries or Honey

Great for morning miles; easy to digest and slow-releasing.



Toast with Jam or Almond Butter

Classic carb boost without the crash.



Rice or Sweet Potato with Egg Whites

Ideal before long runs or races.



Small Smoothie (Fruit + Greek Yogurt)

Fast-digesting mix of carbs and protein

COACH TIP: Keep it light. Avoid heavy fats or too much fiber before running — your stomach will thank you later!

Fuel smart → Run strong → Recover better.

Post-run fuel for recovery:

- Chocolate milk
- Endurox or Accelerade recovery drink. Ideal 3:1 or 4:1 carb/protein ratio
- Banana or bagel with peanut butter
- Egg & potato burrito
- Turkey/chicken & cheese sandwich on whole wheat bread or in a wrap.
- After your immediate recovery fuel, eat a normal breakfast.

POST-RUN FUEL-UP: RECOVER LIKE A PRO

You crushed your run — now it's time to rebuild, refuel, and recharge. The right recovery foods can speed up muscle repair, replace lost glycogen, and get you ready for your next session.

TOP POST-RUN RECOVERY FOODS



Sweet Potatoes or Rice

Refill your energy stores with quality carbs.



Chicken, Eggs, or Tofu

Rebuild muscle with lean protein.



Bananas or Berries

Reduce inflammation and replace electrolytes.



Chocolate Milk or Protein Smoothie

The perfect carb-protein combo for quick recovery.



Avocado or Nuts

Healthy fats to support hormone and joint health



Hydrate!

Water + electrolytes = the recovery foundation

TIMING TIP! Eat within 30-60 minutes after your run for best results.



6 Rules for Eating Right as a Runner

(1) Keep It Simple

- The ideal pre workout meal is **different** for everyone. Stick to familiar foods that are easy on your system, **low in fat and fiber, and high in carbs** will boost your energy without upsetting your stomach.
- Rehearse/Practice – try different foods/drinks and find what works for you.

(2) Time It Right – fueling prior to and right after training and racing

- When it comes to fueling your workout, **timing** is everything. Before your workout, you'll want to have something that will give you a boost of energy without feeling full and leading to an upset stomach on the road.
- Focus on carbs, and foods that are low in fiber and low in fat.
- Each person is different, but you'll want to eat about **30-45** minutes before you start so you don't have stomach issues. Within **30-45** minutes of finishing your workout, have a protein-rich snack to repair muscle tissue, and carbohydrates to restock your spent energy stores. **This will kick start the recovery process so that you can bounce back quickly for your next workout.**
- Chocolate milk is a terrific & tasty option!

(3) Hydrate

- Hydration is important, and not just when you're exercising. Fluids regulate body temperature, move waste from your body, ensure that your joints are adequately lubricated, and help flush out the damaged cells that can lead to inflammation.
- Proper hydration can help control cravings, which is important because it's often **easy to mistake thirst for hunger.**



6 Rules for Eating Right as a Runner

(4) Get the Balance Right

- You need the right mix of foods and nutrients to feel energized on your runs and to stay **injury** free.
- About **55%** of your daily calories should come from carbohydrates, **25%** from protein, and another **15%** to **20%** should come from unsaturated fats such as almonds, walnuts, pecans, pistachios, peanut butter, olive oil, avocados, salmon or tuna.

(5) Eat Lots of Fruits and Veggies!

- Vegetables are powerhouse sources of many nutrients, including potassium, dietary fiber, vitamin A, and vitamin C; these can help reduce the risk of, or even help prevent sore muscles after intense workouts. One option is *BROCCOLI*; its low calorie, contains vitamin B6, calcium, is full of vitamin C which studies have shown can help reduce the risk of, or even prevent, sore muscles after intense workouts. Broccoli is also a good source of calcium, folic acid and vitamin K, which strengthen our bones. Bonus to eat it with cottage cheese for added protein. Others = spinach, sweet potatoes.
- Fruits are a good source of complex carbohydrates, and contain other essential nutrients like vitamins, minerals, making them a very healthy nutritional choice and benefits recovery and overall health.

(6) Limit Junk

- Limit high-sugar, high-fat foods (no soda, candy, fried foods, etc.)
- Focus on eating lots of fruits, veggies, and whole grains. These foods keep you feeling good when you're training, plus they'll keep your heart healthy, your cholesterol low, and your blood sugar stable.



OTHER NUTRITION INFORMATION/RESOURCES FOR RUNNERS





Pre Workout (timing is different for everyone) – ***Training Window 1***

- Bananas, Gels, Stinger Chews or Waffles
- Liquid fuel such as Gatorade Endurance
- Granola bar or energy bar (high carb/low protein/low fiber)
- Single serving cup of Apple Sauce (Maurten bars and *Powerbar Performance* are other options)
- Slice of whole wheat bread w/nut butter

Post Workout – Training Window 2

- Get nutrition within ~30 minutes of finishing a workout & **HYDRATE**.
- Dehydration leads to muscle pain while running and poor performance.
- Get a protein-rich snack to repair muscle tissue, and carbohydrates to restock your spent energy stores. Lean protein sources include eggs, skinless chicken breast, salmon, hummus, soy, beans (black, pinto), almonds, chocolate milk, grass fed beef (lean), tuna, cereal, milk, whole wheat pasta and turkey meatballs.
- Low-fat yogurt with nuts or fruit or a scrambled egg wrap are good picks.
- Fruit is a terrific and natural source of complex carbs and can be hydrating; apples, pears, raspberries, blueberries, strawberries, grapes.
- Not everyone likes to eat right away. Consider smoothies or other premixed liquid recovery drink options – products to check out include uCan, Endurox, Accelerade. Chocolate milk is a great option here.
- Don't forget to get protein throughout the day which runners need to repair and build muscle. You always want balance in your diet; carbs/protein/veggies & fruit/whole grains.



Common Post-Run Eating Mistakes

You Don't Eat Prior to, or Wait Too Long to Eat After a Run –

- Get food into your system ASAP, within ~30 minutes of finishing a workout, to keep blood-sugar levels steady and ward off crazy fatigue and hunger.
- If it's mealtime, have a 400- to 500-calorie breakfast, lunch, or dinner; if it's between meals, go for a 200-300 calorie snack that mixes protein with complex carbs.
- Low-fat yogurt with nuts or fruit or a scrambled egg wrap are both good picks.

You Lean Too Heavily on Sports Drinks for Rehydration –

- After long runs you can benefit from rehydrating with a sports drink, which can deliver energy in the form of sugar and replenishes levels of electrolytes.
- But otherwise, regular WATER is viewed by nutritionists to be the best way to hydrate. Use your thirst as a guide; drink as much water as you need to feel hydrated again, and don't try to force yourself to drink a set amount. NUUN is a great product to aid hydration.

You Go Overboard on the Protein and/or Sugar

- Protein is a necessary nutrient that helps rebuild muscles damaged during training, but your body can only use so much. Best approach is to spread intake throughout the day and include it with complex carbs.
- Whole grains, legumes (pinto/black/garbanzo beans, peanuts, lentils, green beans), fruits, and vegetables provide the steady energy your system craves while helping protein to do its job repairing muscle. And don't fear fat; the good kind (heart-healthy polyunsaturated and monounsaturated fat – in peanut butter/avocados) keeps you feeling full and satisfied.
- Outside training windows, stay away from high sugar foods. You'll get an energy lift at first, but it'll wear off quickly, leaving your blood sugar tanking and you reaching for more junk.

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Great Snacks for Runners – Sports Nutritionist Recommended

1. BANANAS

Why it's good: Bananas are loaded with good carbohydrates. They are a good source of vitamin B6 and are vital for managing protein metabolism.

When it's good: Before, during, or after exercise. They're great blended into a fruit smoothie. Or simply whip frozen banana chunks with milk in a blender for an awesome recovery shake.

2. APPLE SAUCE

Why it's good: benefits runners by providing a portable, easily digestible source of quick energy from natural carbohydrates. It can be eaten as a pre-run snack to fuel performance or during long runs for an energy boost, and the low-fiber, low-fat nature makes it easy on the stomach.

3. CHOCOLATE MILK

Why it's good: Chocolate milk helps keep you hydrated. It also provides plenty of protein, carbohydrates, and B vitamins; calcium will help keep your bones strong; and sodium to help restore electrolytes.

When it's good: An ice-cold shot of chocolate milk is the perfect reward after a hot summer run.

4. CEREAL WITH MILK

Why it's good: Most cereals are vitamin- and mineral-fortified, and they're great with fresh fruit sliced on top. Cereal is a quick-to-prepare, easily digestible, and healthful way to satisfy your sweet tooth. Choose cereals that have 5+ grams of fiber per serving, and **low sugar** (Cheerios, Barbara's brands)

When it's good: Fine as a post-run pick-me-up.



Great Snacks for Runners – Sports Nutritionist Recommended

5. COTTAGE CHEESE (or cheese sticks)

Why it's good: It's packed with protein, which runners need for muscle rebuilding and repair. It serves as a good calcium source as well.

When it's good: Any time except just before running. Great with fruit after a workout or race.

6. ENERGY BARS

Why it's good: They're designed especially for runners, and you can choose from high-carb, 40/30/30, or protein-plus bars. They're tasty and come in many flavors (watch sugar).

When it's good: Prerace, mid-long run, or post-race.

My favorites: Clif Bars, Bonk Breakers, U-Can Snack Bars, Powerbar Performance (pre-train)

7. ENGLISH MUFFIN PIZZAS

Why they're good: These pizzas include three food groups—grain, dairy, and vegetable—and supply protein, calcium, and beta-carotene. All are important for strong bones.

When they're good: Eat any time after running or as an afternoon snack to keep you energized for your evening run.

8. GRANOLA BARS

Why it's good: A low-calorie granola bar will satisfy your sweet cravings, without the empty fat calories of a candy bar. Granola bars come with B vitamins and iron.

When it's good: Any time you feel like satisfying your sweet tooth without feeling guilty. Nature Valley Crunchy bars are a good option.



Great Snacks for Runners – Sports Nutritionist Recommended

9. GREEK YOGURT

Why it's good: Yogurt is a great source of calcium, protein, and potassium, plus it's low in fat and high in carbohydrates. The live and active cultures in yogurt will boost your immune system.

- **Be cautious of sugar content in flavored versions.** I prefer plain greek yogurt with a scoop of vanilla protein powder mixed in with blueberries (anti inflammatory) post workout.

When it's good: Any time. Some runners swear by it as a highly digestible prerace snack, despite its protein content.

10. RICE CAKES OR WHOLE WHEAT BREAD WITH PEANUT BUTTER

Why it's good: Most calories come from energizing carbohydrates. Peanut butter is an excellent source of protein and heart-healthy polyunsaturated and monounsaturated fat. It also contains vitamin E, which helps with muscle recovery. I prefer brown rice versions.

When it's good: A perfect stick-to-your-ribs snack for mid-morning or mid-afternoon.

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Best Carbohydrates for Runners

Whole wheat pasta

- Whole wheat pasta is a better choice than white pasta because it offers more fiber, more vitamins and minerals, and even a few essential fatty acids.

Rice

- If rice is your go-to carbohydrate before long runs or races, opt for wild rice over white or brown rice. White rice is a good source of carbohydrates; but brown rice is better. Wild rice is the best option when all nutritional factors are taken into consideration.

Potatoes

- Both white potatoes and sweet potatoes have more vitamins and minerals to offer than pasta. Between the two, sweet potatoes are the best option.
- An avg. size white/sweet potato contains ~35g of carbs, 4g of protein, and around 160 calories.

Ancient Grains

- It may surprise you that they offer more nutrition per cooked cup and are *better* options than white rice or white pasta.
- *Favorite: quinoa, which offers more protein, vitamins, and minerals per cooked cup than most of the typical carbohydrate sources.*

Fruit: **apples, APPLE SAUCE, bananas, berries/grapes, pineapple, kiwi, pears, oranges and orange juice**

- Excellent sources of complex carbs, vitamins, potassium, fiber, antioxidants.
- Anti inflammatory properties (blueberries).



Best Carbohydrates for Runners

Examples of whole grains include:

- Whole-wheat bread/bagels
- pasta or crackers
- Wild rice
- Brown rice
- Oatmeal (race morning go-to food)
- Popcorn

Other sources include:

- Sports drinks; *Gatorade Endurance*
- Sports/energy bars; Clif Bar, granola bars
- BonkBreakers, Ucan Bars (Meb