

Long Run Nutrition & Hydration

To nail your long run (>90 min) nutrition & hydration, you need to think about before, during & after the run!

The Day Before

Increase carbs

Especially at dinner. Avoid high fat & high fiber.

Hyperhydrate

The night before if you are a heavy/salty sweater or it's hot/humid.

Pre-Run

Carb snack 30-90 min before

Aim for 50 -100g - about 1g/kg body weight

Drink 8-16 oz

Water, sports drink, coffee, tea (or a combo) 1-2 hours before your run.

Intra-Run

Practice race fuel & hydration*

Carb: Aim for 25- 30g carb every 30 min

Fluid: 8-24oz/hr

Sodium: 200-600+ mg/hr

Post-Run

Recovery meal

20-40g pro within 30-60 min
75-120g carb within 90 min

Hydration

12-16 oz fluid post-run & continue to replace the rest of the day.