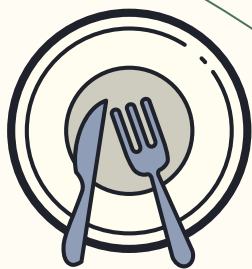


NUTRITION

for the week
after your half
or full
marathon



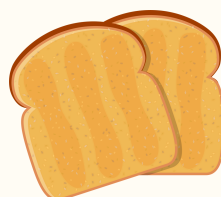
Eat 3 meals per day

Even if you have a poor appetite
+ snacks if you're hungry



Nail your protein

3x per day | 20-40g per meal



You still need carbs!

50g+ per meal



Increase fiber

Add back fruit, veggies &
whole grains that you cut
back on during training



Hydrate

To help with recovery



Supplements

You may benefit from supplements to
help with recovery