

WEEK ONE TRAINING TIP

With the Scenic 5 Mile Run a mere summer away it is now time to prepare for the training. If you have already begun a running program you may be well on your way to success but if you have not yet begun you must start at square one and that means good nutrition. Many times I am asked the question: What do I eat before I run? In the following article you will find good basic guidelines for what to eat and the important nutrients needed to perform. Let's start with that and then you will be able to start a proper running program on the correct pathway to success.

“What should I eat before I run ?”

-Bud James-

That is a good question! It is a question that I have had to answer countless times each week. The simple answer is to eat something that your digestive system can tolerate as you are running. That would mean foods that are high in energy and low in fat as they will more readily digest. Foods that are high in water content are also good. Some examples would be fruits, light grains such as you would find in a muffin or a bagel, energy bars such as a Powerbar or any of the other energy bars. Be careful to look at these closely for content and always drink water with them to aid in digestion. Bananas are my favorite food to suggest as a pre-run food as they are soft and easily digest. They are a great source of carbohydrate and aid in keeping your electrolytes in balance with their potassium content. Here are some basic guidelines to follow!

Daily Nutrition

- 8-10 servings per day of carbohydrates (breads, pasta, rice, cereal etc.)
- 4-5 servings of vegetables
- 3 servings of fruit
- 2-3 servings of dairy-(milk, yogurt, cheese)
- 2 servings of protein- (fish, poultry, meat, beans, tofu, eggs)

Breakdown of Nutritional components for energy maintenance

Breakfast- 80% carbs, 20% protein Carbs provide 2-3 hours of energy after which blood sugar levels dip and then the body relies on protein.

Lunch- 60% carbs and 40 % protein

Dinner- 50 % carbs and 50% protein

Protein is harder to digest so the body does not become hungry during sleep.

Snacks- Snacks keep the blood sugar levels up in between meals.

Breakfast	Snack	Lunch	Snack	Dinner
80% carbs	Variety	60% carbs	Variety	50% carbs
20 % protein		40 % protein		50 % protein

Snacks are important as they help to generate your metabolic rate.