



Pre-run Intake

The intake of food and fluid prior to a run aims to top up fuel and fluid levels in anticipation of the specific needs of the run whilst maintaining gut comfort throughout exercise. The timing, amount and type of food taken prior to a run should be individualised to the practicalities and the characteristics of the run. If running for longer than 60 minutes, the pre-run meal should optimise carbohydrate stores, especially if the event is in the morning after an overnight fast.

What?

- High-carbohydrate meal, e.g. cereal, cooked porridge, bread, crackers, fruit, fruit juice, milk or yoghurt
- Low fat, low fibre and low to moderate protein
- Drink plenty of fluids: 15 minutes prior to a long run, drink 400 to 600 millilitres of water or fluid

When?

- Larger, more substantial meals such as cereal, low fat milk, toast and juice roughly 3 – 4 hours before a run
- Smaller snacks such as a sports bar and sports drink 1 – 2 hours before
- Allow more digestion time before intense exercise than before low-level activity.

SUGGESTED PRE-EVENT MEALS
Breakfast cereal with milk and fresh or canned fruit
Oats with honey, cinnamon and milk
Liquid meal or a low fat smoothie
Low fat yoghurt with fruit salad
Banana sandwiches or rolls
Fruit juice and a cereal bar or crackers

During the Run: Fuelling and Hydration

Replacing sweat losses and maintaining fuel (glycogen) stores while running will ensure optimal performance. During runs shorter than an hour, drink enough fluids to replace sweat losses. Runs longer than an hour, additional intake of carbohydrates may provide an additional fuel source for the central nervous system. The optimal amounts and types of fluids and foods consumed during exercise will vary with the typical exercise and the individual athlete. The recommended fluid intake should consider thirst of the athlete, rates of sweat losses and gastrointestinal comfort.

Hints for Planning Fluid and Food Intake during Exercise

- Consider the timing of foods and fluids: Start early and eat / drink smaller amounts with regular intervals
- To meet fluid and carbohydrate needs simultaneously, you can do one of two things:
 - You could simply use a carbohydrate containing fluid (such as a sport drink)
 - Eat a combination of solid foods and fluids
- Train with what you are going to race
- Drink 150 to 250 ml fluid every 15 minutes, or at suitable breaks

After the Run

Recovery can be influenced by the type and timing of foods and fluids. Recovery can be enhanced by replacing fluid and electrolyte losses, restoring body fuel (glycogen) stores and promoting repair to damaged muscle.

Tips for Recovery after Exercise

- Consume carbohydrate-containing foods or fluids within 20 minutes of completing exercise
- In addition to carbohydrate, a source of protein may help speed up the recovery process. Many nutritious carbohydrate foods such as breads, cereals and low fat dairy products contain protein, whereas refined carbohydrates (sports drinks, cordials, fruit juice, lollies) do not
- Drink fluids until urine is copious and clear in colour. Use water, sports drinks or cordials
- Alcohol should be avoided as it delays recovery following exercise. If you are going to drink alcohol, carbohydrate and fluid needs should be your first priority

SUGGESTED 50 g CARBOHYDRATE SNACKS AND FLUIDS	
FOODS	
<ul style="list-style-type: none">● Jam or honey sandwich (2 slices of bread and tablespoon of jam or honey)● Banana sandwich or a salad sandwich with a piece of fruit● 2 cups of rice or pasta with a low fat topping (tomato based sauce)● 2 breakfast bars● 1 cup of breakfast cereal, a small banana and 200 ml of low fat milk● 1 tub of low fat fruit yoghurt and piece of fruit● 3 average pieces of fruit or 2 medium bananas● ½ cup (60 g) of sultanas or raisins	
FLUIDS	
<ul style="list-style-type: none">● Banana smoothie – 200 ml low fat milk, 1 banana, 1 tablespoon of honey and 1 scoop of ice cream● 250 – 300 ml liquid meal supplement● 750 – 1 000 ml sports drink● 700 – 800 ml cordial● 500 ml flavoured mineral water or fruit juice	