

FUEL TO RUN

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THE MEAL PRIOR TO A RUN		
WHEN	WHAT	EXAMPLE
<i>Consider the timing of intake. This will depend on your available time, e.g. eat 2-4 hours, or 1-2 hours or within 1 hour of your run</i>		
2 – 4 hours before a run	<p>1 – 2 g/kg CARBOHYDRATES</p> <ul style="list-style-type: none"> ● 46 – 55 kg – 50 – 100 g carbs ● 56 – 65 kg – 60 – 120 g carbs ● 66 – 75 kg – 70 – 140 g carbs ● 76 – 85 kg – 80 – 160 g carbs ● 86 – 95 kg – 90 – 180 g carbs <p>Keep FAT intake low Add PROTEIN source as preferred Ensure adequate FLUID intake</p>	<p>60 g carbohydrate meals</p> <ul style="list-style-type: none"> ● 1 cup Breakfast Cereal with 1 cup Milk and a Fruit ● 1 cup Oats with 1 tsp honey and a banana ● 1 cup Fruit Salad with 175 ml Fruit Flavoured Yoghurt <p>80 g carbohydrate meals</p> <ul style="list-style-type: none"> ● Smoothie made with 50 g Future Life, 175 ml of yoghurt, 1 Banana and 1 Apple ● 1 cup Milo (1 cup milk and 2 Tbsp. Milo + 2 tsp Sugar) with 2 buttermilk rusks ● 3 Crumpets with 3 tsp Honey + Flavoured Milk <p>100 g carbohydrate meals</p> <ul style="list-style-type: none"> ● 2 slices Toast with 2 tsp Jam, mozzarella cheese and a cup of Hot Chocolate ● 2 cereal bars + 1 banana + 500 ml sports drink
Snack 1 – 2 hours before the run (if you do not have 3-4 hours)	<p><i>If you are struggling to reach your intake goals 2 – 4 hours prior to the race</i></p> <p>50 – 100 g CARBOHYDRATES</p>	<p>50 g carbohydrate meals</p> <ul style="list-style-type: none"> ● 500 ml Liquid meal supplement ● 1 small box of Milo drink with a Banana ● 1 cereal Bar + 1 Fruit + 1 small box Fruit Juice ● 1 cereal Bar + 3 Tbsp. of Raisins ● 1 small Muffin + 1 box Fruit Juice
Less than 1 hour prior to a run	<p>At least 50 g CARBOHYDRATE Keep FAT intake low Add PROTEIN source as preferred Ensure adequate FLUID intake</p>	<p>50 g carbohydrate meals</p> <ul style="list-style-type: none"> ● 700 ml Sports Drink ● 500 ml Sports Drink + 1 Carbohydrate Gel ● 700 ml Cordial (e.g. Oros) ● 1 small packet (60 – 70 g) Jelly Beans
INTAKE DURING A RUN		
Every hour	300 – 1 000 ml fluid according to individual need	<ul style="list-style-type: none"> ● Drink small amounts at regular intervals
	30–50 g carbohydrate	<p>30 g Carbohydrates</p> <ul style="list-style-type: none"> ● 1 Energy Gel + 300 ml Energy Drink (e.g. Energade) ● 30 – 40 g Jelly Sweets ● 1 Energy Bar + 300 ml Energy Drink ● 500 ml Energy Drink

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INTAKE AFTER A RUN		
WHEN	WHAT	EXAMPLE
Within ½ - 1 hour after a long training session / race	0.8 – 1.0 g / kg body weight CARBOHYDRATES 10-20 g PROTEIN	<p>50 g carbohydrate meals</p> <ul style="list-style-type: none"> ● 500 ml Liquid meal supplement ● 1 small box of Milo drink with a Banana ● 1 cereal Bar + 1 Fruit + 1 small box Fruit Juice ● 1 cereal Bar + 3 Tbsp. of Raisins ● 1 small Muffin + 1 box Fruit Juice <p>60 g carbohydrate meals</p> <ul style="list-style-type: none"> ● 1 cup Breakfast Cereal with 1 cup Milk and a Fruit ● 500 ml Sports Drink + 1 Cereal Bar ● 3 Tbsp. Raisins + 1 small box Fruit Juice ● 1 Steri Stumpi (350 ml) + 1 Banana ● 1 small packet of Mini Cheddars (30 g) + 500 ml Sports Drink <p>80 g carbohydrate meals</p> <ul style="list-style-type: none"> ● Smoothie made with 50 g Future Life, 175 ml of yoghurt, 1 Banana and 1 Apple ● 1 Steri Stumpi (350 ml) + 1 Boerewors Roll ● 4 Weet Bix + 1 cup of Milk and 3 tsp Sugar
	Fluid intake = Weight Loss	<ul style="list-style-type: none"> ● If weight loss was 1 kg, take 1 – 1.5 liters of fluid within the hour after the run
	Salt	<ul style="list-style-type: none"> ● Eat salty snacks, e.g. biltong after a run ● Add salt to the first meal after the run

