



Knowing the What, How Much, and When of fueling can help the performance of an average exerciser as much as the elite runner. Here's a quick snap shot of fueling strategies....

What? PRE- and POST- EXERCISE (combine carbs and protein)

- 2 slices whole-grain toast and 2 tablespoons peanut butter
- orange and 1/2 cup low-fat cottage cheese
- 1 cup cooked oatmeal with 1/4 cup raisins
- 1 cup yogurt and 1/4 cup granola
- 2-egg omelet with 1 cup fresh vegetables, 1 whole-wheat English muffin
- string cheese and 1 ounce pretzels
- 1/4 cup nuts and a medium apple
- hard-boiled egg and 1/2 whole-wheat bagel
- whole-wheat pita and 1/2 cup canned tuna
- 1/4 cup soy nuts and 1 banana
- 1/4 cup sunflower seeds and 1 cup orange juice
- 3 ounces boiled or grilled chicken breast and 1 cup cooked white rice
- energy bar and 8-ounce sports drink

Carbohydrate-rich foods include:

- Hot and cold cereals
- Fruits- bananas, grapes, raisins, and all fresh and dried fruits and juices
- Breads, bagels, crackers – preferably whole grain, so you don't get constipated
- Rice, noodles, stuffing
- Pasta with tomato sauce (not cheese sauces);
- Baked or boiled (sweet) potatoes (without lots of butter)
- Vegetables, particularly carrots, peas, beets, corn, and winter squash

How Much & When? PRE-EXERCISE

- If fueling 2-3 hours before a long run (1-2hrs)= up to 500 calories
- If fueling 1 hour before long run= under 250 calories
- Rolling out of bed Morning short run (30-45min)= few sips of whatever gets you going

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Please note that the information contained in the Team Fisher House training updates are the opinions expressed by the Team Fisher House Training Support Staff, and do not necessarily reflect the opinions of other running "experts" or doctors. Therefore, it is advised that you seek additional support from knowledgeable specialists in your community if you require any training modifications or medical care. *Remember, it is wise to consult your doctor before starting a new exercise program.*



How Much & When? POST-EXERCISE

All the post-exercise fueling hype is based on elite athletes conducting high effort sessions 6 or fewer hours apart. The every day exerciser can simply have a glass of water and banana knowing that a healthy calorie packed meal is within the next 3-4 hours. Or opt for a snack from the list above.

What? EXERCISE SESSION (simple carbohydrates & electrolytes)

- Jelly Beans, Gummy Bears, Swedish Fish candy
- GUs, Sport Beans, Shot Bloks, gels, energy bars
- Dried fruit, and salted nuts

How Much & When? EXERCISE SESSION

- Under 45min run=water when thirsty, no need for refueling carbs
- 1-2+ hours of activity= 30-60 grams (multiple by 4 to obtain calories) of carbohydrate every hour and replenish fluids at the rate of 5-10 ounces every 15-20 minutes.
- Set your watch to beep every 15 minutes as a fluid and fuel reminder! Still use thirst as a hydration indicator to avoid forced hydration.

A solid understanding and commitment to proper fueling can enhance any of your workouts. Consume a balanced diet consisting of a variety of fresh whole foods to help advance your workout, enhance your energy stores and recover successfully.

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