

FUELING FOR Marathon Training

HYDRATION

BEFORE

- Want to start long run hydrated
- Thirst is not a reliable indicator of hydration, consuming a beverage with sodium (110-275 mg/8 oz) or a salty snack stimulates thirst
- Sodium helps body retain fluid

DURING

- Prevent dehydration (losing >2% body weight)
 - Need to know your sweat rate to know how much to drink every hour of long run
- *Salty sweaters: consume 300-700 mg sodium 2-3 hours before exercise

AFTER

- Top priority is to rehydrate
- If you lost >2% body weight, hydrate appropriately

Calculating your sweat rate:

- Weigh yourself before and after an hour of training
- Subtract oz of fluid consumed
- For every pound (16 oz) lost, you should drink 80-100% of that loss while exercising to stay in optimal fluid balance
- You never want to lose more than 2% of your body weight during long runs (if you are 150 lbs, try not to lose more than 3 lbs from sweat loss)

Pre- 60 minute run weight: _____
Post- 60 minute run weight: _____
Oz fluids consumed during run: _____
Hydration needs: _____ oz/hour

* 1 lb = 16 oz

FUELING BEFORE TRAINING

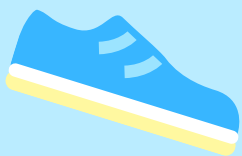
- Increase stamina and endurance
- Prevent low blood sugar
- Helps settle the stomach by absorbing gastric juices
- Fuels the muscles

FUELING DURING TRAINING

- You can increase your stamina by as much as 18% if you take in 0.5 g of carbs per pound of body weight per hour of endurance exercise
- For someone who is 150 lbs, this would be 75 g carbs
- Recommendation: 60-90 g of carbs/hour

*You are not only training your heart, lungs, and muscles, but also your digestive system

- Solids: energy bar, bagel, tootsie rolls, gummy candy, sports beans, cookies, pretzels
- Liquids: sports drinks, iced tea with honey, diluted juice, apple sauce, gels, broth



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CARBOHYDRATE NEEDS

- The muscles must be receptive to storing carbs, this is done when you fuel well during training
- Can't expect to eat a big bowl of pasta the night before the marathon and expect to be well fueled
 - A carbohydrate-rich sports diet should be the foundation of each meal
- No changes right before race day, biggest change should be your training

MARATHON WEEK

- 3-5 g carbohydrate for every pound of body weight
 - Body weight (lbs) x 3 and 5: _____ - _____g
- Divide by 3: this is your goal for each part of the day

Per part of the day:

- 7am-12pm: _____g
- 12pm-5pm: _____g
- 5pm-10pm: _____g

DURING MARATHON

- Planned duration of marathon: _____
- 60-90 g carbs/hour: _____ - _____g/hour

CARBOHYDRATE CONTENT OF COMMON SPORTS FUEL

- | | | |
|------------------------------------|---|-----------------------------------|
| •Honey Stinger chews: 39 g/package | •Clif bar: 43 g | GU Stroopwafel: 22 g |
| •Honey Stinger snack bar: 23 g | •Clif energy gel: 23 g | •GU energy chews: 20 g (4 pieces) |
| •Honey Stinger waffle: 21 g | •Clif Bloks energy chews: 24 g (3 pieces) | •Maurten energy gel: 25 g |
| •Honey Stinger energy gel: 26 g | •GU energy gel: 23 g | •Jelly Belly sports beans: 25 g |

- *Most of these should be consumed with fluids to prevent GI upset
- *Use what you've practiced your training runs with, nothing new!

MY MARATHON FUEL PLAN

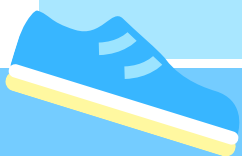
Breakfast

~500 calories, mainly carbohydrates

Pre-Race Snacks:

Fluids:

During the Race



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