

EATING BEFORE YOUR RUN

< 60 MIN RUN

30 g carbs



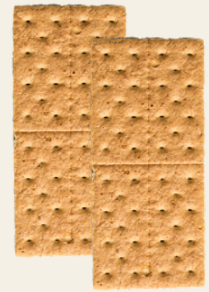
Banana



Jelly toast



2 apple sauce pouches



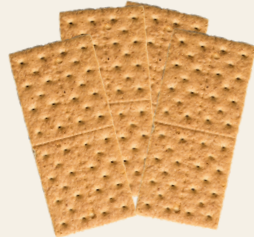
2 graham cracker sheets

RUN 60-90 MIN

60 g carbs



2 pieces of jelly toast



4-5 graham cracker sheets



Bagel



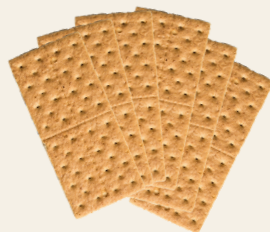
Oatmeal with banana (1/2 cup dry)

LONG RUN >90 MIN

75+ g carbs



Bagel with jelly



6-7 graham cracker sheets



2 pieces of jelly toast + 12 oz juice



Oatmeal with banana (1 cup dry)