

# Emily NOLAN

## TRAINING FUEL

### Before run:

Consume carbohydrates and a small amount of protein to fuel up before your workout. Never skip this important step...you want to fuel your muscles before you exercise! These suggested pre-fueling combinations will give you enough energy to perform well until your next refuel, around 45 minutes later (if you're continuing on a long run), and your post-workout refuel when you have completed your workout.

#### *Pre-Fueling Combinations:*

- \* Water, sports drink, coffee and/ or tea with:
  - Oatmeal, fruit and nuts
  - Apple, handful of nuts, low fat Greek yogurt
  - Half bagel, nut butter, banana
  - Cheese stick, piece of fruit, low sugar of cereal
  - Nut butter and all-fruit spread sandwich with piece of fruit

### During run:

Electrolytes and Fluid: It's important to not only consume the right amount of fluid during workouts but to also replace electrolytes lost in your sweat. This is especially important in the warmer months when you're likely to be losing a lot of water and electrolytes via sweat. You can add electrolytes into your handheld water bottle on your run to help aid in optimal hydration. This will help keep you from cramping during workouts and from and getting headaches resulting from dehydration.

Fluid needs are highly individual however these are some general guidelines.

#### *Fluid Guidelines:*

- 16-24 oz 60-90 min prior to exercise
  - \*if time allows (this is difficult before a morning run)
- 8-10 oz 15 min prior to exercise
- 8-10 oz for every 15 min of exercise
- Drink 16-24 oz for every pound of body weight lost during exercise

#### *For added Electrolytes:*

- \_The Right Stuff
- \_Coconut Water
- \_Body Armour Sports Drink

### Fuel

Run fuel: Huma gel. My favorite flavors are lemonade, chocolate, cafe mocha, apple cinnamon, coffee. Use code: "emilynolan15" at checkout for 5% OFF.

### Post run

It's important to take in the proper balance of both carbohydrates and protein after your workout in order to fully recover and to prepare your body for the next time you exercise/train/run. Aim for 10-20 grams of high quality protein with about ½ your body weight in grams of carbohydrates. Eat more carbohydrates if you have exercised for longer than 75 minutes.

*Refuel Combinations- Pick one from each list*

#### Protein

Protein powder for shake: Dymatize ISO 100  
Garden of Life Vegan Protein Powder  
Protein bar: Dymatize, Rx Bar  
Core Power Drink  
Beef Jerkey, Turkey Jerkey

#### Carbohydrates

Kind Pressed Fruit bars  
Bagel  
GoGo Squeeze- Fruit Squeezies  
Fruit  
Cereal with low fat milk

### Refuel Meals Ideas:

- \_Protein smoothie (see smoothie guide)
- \_Cottage Cheese mixed with pineapple chunks
- \_Greek Yogurt with granola and fruit
- \_Chia pudding made with cow's milk (or cashew milk) and topped with fresh berries or banana
- \_Tuna salad on whole wheat crackers
- \_Hummus and pita

### Snacks

- \_Nuts and fruit
- \_Greek yogurt and fruit
- \_Hard-boiled eggs and fruit
- \_Low fat hard cheese and fruit (cheddar, aged provolone, or Parmesan)
- \_Noosa yogurt
- \_Mamma Chia Chia Squeeze
- \_Pressed bar by KIND
- \_Coconut water (natural electrolytes!)

### Swaps

Here are some great swaps to replace the foods and drinks that carry less nutritional value with foods and drinks that will *not only fuel* your performance but add a healthy "punch" to your diet!

- \_SWAP Chocolate candy bar FOR chocolate avocado pudding
- \_SWAP White bread FOR whole wheat bread with fiber
- \_SWAP Coffee (the second or third cup) FOR Dandy tea
- \_SWAP Soda FOR sparkling water or HINT naturally flavored water
- \_SWAP candy FOR fruit (dried, canned or fresh fruit)

### Tips

1. Having carbohydrates BEFORE long runs (100+g) will provide the brain and muscle readily available fuel for optimal performance. This will help preserve muscle and build muscle!
2. Having carbohydrates DURING long and/or intense workouts (30-60g per hour) will help keep energy levels and prevent you from running out of gas or bonking. It will help you feel and perform your best!
3. Having carbohydrates mixed with protein AFTER you exercise (20g protein and 1/2 your body weight in carbs) will help refill and repair muscles quickly and promote optimal muscle development! Who doesn't want that?!
4. Having dairy products before bed will provide an easily digestible, high quality protein that will give your muscles the ability to repair and grow while you sleep.

### Here's a basic guideline for morning workouts:

1. Eat within an hour of waking
2. Drink 16 oz of water
3. Pre fuel before workout -aim for 75-100g of carbs
4. Fuel during runs that are >60 minutes (30-60g of carb per hour of exercise)
5. Re-fuel after workout (20 g protein and 1/2 your body weight in g of carbs)
6. Lunch- aim for a balanced meal (1/3 plate protein, 1/3 plate whole grains, 1/3 plate veggies\*)
7. Snack (1:1 ratio of carbs to protein)
8. Dinner aim for a balanced meal (1/3 plate protein, 1/3 plate whole grains, 1/3 plate veggies\*)
9. Snack (You can add this last snack in if you're still hungry. A glass of milk with protein powder, or greek yogurt and nuts are a great way to aid with muscle protein synthesis while you sleep, ward off hunger, and provide "brain food" while you sleep.)

\*For longer endurance training include starchy vegetables to increase carbohydrate intake to support your training!



Curated by Registered  
Dietician for high  
performance athletes  
Deanna Busteed  
[@deannacontebusteed](#) +  
Emily Nolan [@iamemilynolan](#)

