

# 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
- \_Nutbutter 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 1 hour prior to exercise
- 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 <http://therightstuff-usa.com>.
- \_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) [Anelise, hyperlink this to the smoothie guide download](#)
- \_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

- \_ Having dairy products before bed will provide both fast (whey) and slow protein (casein) to your body while you sleep. Recent research has shown that >20 g of protein before bed with a small amount of carbohydrate (>20g) can help promote muscular strength in athletes that incorporate strength training into their exercise regimen.
- \_ Premake a big pot of quinoa to add to your meals throughout the week.
- \_ Premake a big batch of hard boiled eggs for a quick and healthy bite. Pair the egg(s) with fruit.
- \_ Don't be afraid of sugar. Athlete's need sugar as functional glucose for workouts and also recovery.
- \_ In order to maintain blood sugar levels, to prevent getting ravenous or low in energy- aim to eat every 3 hours. It also promote a muscle building environment in the body.

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

- \_ Eat within an hour of waking
- \_ Pre fuel before workout
- \_ Fuel during runs that are >60 minutes
- \_ Re-fuel after workout
- \_ Lunch
- \_ Snack
- \_ Dinner
- \_ 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.)



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