



Walk to Run
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Sports Nutrition **by Lynn Gray, RRCA Running Coach**

- **Timing of your food choices**
 - Breakfast, mid-morning snack, lunch, mid-evening snack, evening meal, last night snack
 - **Carb loading for distance walkers and runners**
 - Carbohydrate – 70%, Protein – 15%, Fats – 15%
 - **Timing of fuel**
 - Pre-run meal – low fiber & lactose free-1 hr., large meals-4-6 hrs., small meal-2-3 hrs., liquid meal-1-2 hrs., bagel or energy bar- 1 hr
 - **Prepare to sweat**
 - Once dehydrated all rules of sports nutrition do not work, hyponatremia-too much water which dilutes the salt-nausea and dizziness occur. Women have less sweat glands than men...sweating is your air conditioning, 2 liters of water is lost per hour on a hot day
 - **Refueling time**
 - Refuel with carbohydrate right away, then within 15 min., have a ratio of 4:1 protein and carbs (chocolate milk), continue to hydrate throughout the day...think of your run as a deep tissue massage which like running, stirs up lots of waste products
 - **How much sugar?**
 - Use food with a low glycemic index which will then dictate how fast sugar gets into your system and how stable your sugar level will be. When your sugar drops to low, due to lack of carbs or fuel you stop burning fat which is another fuel source you need for running. Concentrate on fruits after your walk/run
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