

NUTRITION

For the Marathon Runner

HOW MUCH SHOULD I EAT?

Daily Needs

Calories



The estimated caloric needs for a runner can be almost twice that of someone with an inactive lifestyle. In general, those who are training for a marathon need ~15-17 calories per pound of body weight daily.

Protein

The average marathon runner 0.5-0.6 grams of protein per pound of body weight daily. Be sure to consume 15-20 grams within an hour of your run to aid in muscle repair.

Carbohydrates



A runner's needs depend on his/her mileage. A typical runner should consume 50-75% of his/her total daily calories. This equates to 2.7-4.1 grams per pound of body weight. If you distance is <30 miles per week, then consume the lower end of the range. As your mileage increases >30 miles per week, consume the high end of the range.

Fat

Consume no less than 0.5 gram of fat per pound of body weight daily. Fat is important to maintain cellular health and to ensure you are consuming enough calories. Choose healthy fats from oils, nuts and fish.

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Eat, drink, sleep, run, repeat.

FEEDING YOUR RUN

Always practice race day nutrition during your training runs! You should consume 30-60 grams of carbohydrate per hour of your run.

HYDRATION AND WEIGHT LOSS:

Fluid Intake: During your runs/races, you should consume approximately 24 ounces of fluid each hour. During very hot weather or if you perspire a lot, 29 ounces per hour is indicated. To avoid hyponatremia (overhydration), consider a fluid product that includes electrolytes. Throughout the rest of your day, consume plenty of water. Your goal for daily fluid intake is 1 ounce for half of your body weight in pounds. For example, a 140 pound runner should aim for 70 ounces daily.

Electrolyte Replenishment: Runners should focus on replenishing both sodium and potassium during longer runs and races. For runs lasting more than 60

minutes, the average runner needs 200-300mg of sodium and 40-60mg of potassium per hour. Most electrolyte products geared for runners provide roughly these amounts.

Weight Loss and Running: An athlete who is attempting to lose weight should never attempt to lose more than 0.5 pounds per week. This is accomplished through slightly cutting back on calories. Never cut more than 300 calories daily below your estimated caloric needs.



Fueling & Hydration

The California International Marathon will have 17 aid stations spread throughout the course, each stocked with water and nuun performance. Four of these stops will also be stocked with CLIF Shot, CLIF Bar Minis and fruit. We're proud to provide our runners with multiple nutrition and hydration options in order to fuel them to a successful race day! If you have any medical issues while completing the race, medical personnel will be located at the far end of every aid station and will be able to provide you basic medical assistance on-site.

Station	Location	Mile	nuun performance	CLIF Shot*, CLIF Bar & Fruit	Medical
#1	American River Canyon & Oak	2.2	Orange Mango		Yes
#2	Beech & Oak	4.2	Orange Mango		Yes
#3	Woodmore Oaks & FOB	6.4	Orange Mango	Yes	Yes
#4	Madison & FOB	8.5	Orange Mango		Yes
#5	Old Fair Oaks	10.0	Orange Mango		Yes
#6	Hollister & FOB	12	Orange Mango	Yes	Yes
#7	Sutter & FOB	13.6	Orange Mango		Yes
#8	El Camino & FOB	15.1	Orange Mango		Yes
#9	Arden & FOB	16.5	Orange Mango		Yes
#10	Savirien & FOB	17.9	Orange Mango		Yes
#11	Watt & FOB	19.4	Orange Mango	Yes	Yes
#12	Monroe & FOB	20.4	Orange Mango		Yes
#13	Howe & FOB	21.4	Orange Mango		Yes
#14	Elvas Bridge	22.3	Orange Mango		Yes
#15	40th & J St.	23.5	Orange Mango	Yes	Yes
#16	Sutter's Fort	24.5	Orange Mango		Yes
#17	19th & L St.	25.3	Orange Mango		Yes

CIM Fueling: Nutritional Facts

Nutritional Needs						
Goal Time (# of hours)	5:00	4:30	4:00	3:30	3:00	2:30
Avg. Pace	11:26	10:17	9:09	8:00	6:51	5:43
Calories (150-250 per hour)	750-1250	675-1125	600-1000	525-875	450-750	375-650
Sodium (>500-700mg per hour)	2,500-3,500mg	2,250-3,150mg	2,000-2,800mg	1,750-2,450mg	1,500-2,100mg	1,250-1,750mg
Potassium (40-60mg per hour)	200-300mg	180-270mg	160-240mg	140-210mg	120-180mg	100-150mg
Fluids (> 20-30oz. Per hour)	100-150oz	90-135oz	80-120z	70-105oz	60-90oz	50-75oz

Nutritional Information						
	nuun	CLIF				
	Orange/Mango	Mocha	Citrus	Razz	Vanilla	
Calories	19	100	100	100	100	
Sodium	119mg	60mg	90mg	90mg	90mg	
Fluid	5oz	N/A	N/A	N/A	N/A	
Caffeine	N/A	50mg	25mg	N/A	N/A	
Potassium	65mg	85mg	55mg	55mg	50mg	

	CLIF Minis	½ Banana	¼ Orange
Calories	100	55	21
Sodium	<1mg	<1mg	<1mg
Potassium	95mg	225mg	81mg