

RUNNERS SPORTS NUTRITION CHEAT SHEET

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STEP 1: CALCULATE BODY WEIGHT

YOU CAN DO THIS BY TAKING YOUR BODYWEIGHT IN POUNDS AND DIVIDING BY 2.2.
EX. 150LBS/2.2 = 68.18KG

CALCULATING DAILY INTAKES

Carbohydrates:

5-12g/kg BM daily - high end for more well-trained athletes as you will have more glycogen stores and for longer, harder training days.

- 5-7g/kg - 1hr training session
- 6-10g/kg - 1-3hrs training sessions
- 8-12g/kg - 4-5hrs training sessions

Protein:

1.6 - 2.2g/kg BW/day - aim for the higher end for Menopausal or post-menopausal women or those trying to increase lean mass or elite level athletes.

PRE-TRAINING INTAKE

Carbohydrates:

2-4hrs pre training - Full meal

• 20-30% of calculated daily carbs based on training day calculated above from complex, low-moderate glycemic carbs

1hr or less pre-training - Snack

• 7-10% of calculated daily carbs based on training day calculated above from simple, high glycemic carbs

Protein:

2-4hrs pre-training - Full meal

• 20-25% of calculated daily protein intake calculated above

1hr or less pre training

• No more than 10g protein alongside your carbs from above

Fat:

• **2-4hrs pre-training - Full meal**
~15-30g fat

• **1hr or less pre-training**

No more than 10g fats alongside your carbs & protein from above

DURING TRAINING INTAKE

RUN FUELING 2-2.5kcal/kgBW/hr training

- Ex. 150lb/2.2 = 68.18kg
- 68.18 x 2 = 136 calories per hour (low end)
- 68.18 x 2.5 = 170 calories per hour (high end)

SOURCES

- The majority of your fuel sources should come from high glycemic carbohydrates.
- DO NOT exceed 60g carbs per hour unless you are working with a professional Sports Nutritionist or Dietitian.



POST TRAINING INTAKE

Carbohydrates:

Immediately post training (within 30min of completing training session)

- ~1g carb/kg BM (Rapid refueling becomes of high importance when you have less than 8 hours between training sessions).
- **OR** 20-30% of calculated daily carbs based on training day calculated above

Protein:

Immediately post training (within 30min of completing training session)

- 30g for men (all ages) and women (pre-menopause).
- 40g Protein dose required for women in menopause or post menopause.

IN PRACTICE

plug in your own body weight to see the correct amounts for your own training

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*All the calculations in this cheat sheet are based on scientific research done specifically on the ENDURANCE athlete population.



STEP 1: CALCULATE BODY WEIGHT

YOU CAN DO THIS BY TAKING YOUR BODYWEIGHT IN POUNDS AND DIVIDING BY 2.2. INSERT YOUR BODY WEIGHT IN LBS
____ LBS/2.2 = ____ KG

STEP 2: DAILY INTAKES

Carbohydrates:

5-12g/kg BM daily - high end for more well-trained athletes as you will have more glycogen stores and for longer, harder training days.

____ lb/2.2 = ____ kg
____ x 5 = ____ g carbs/day (low end, 1hr training)
____ x 12 = ____ g carbs/day (high end, 4+hrs training)

Protein:

1.6 - 2.2g/kg BW/day - aim for the higher end for Menopausal or post-menopausal women or those trying to increase lean mass or elite level athletes.

____ lb/2.2 = ____ kg
____ x 1.6g = ____ g Protein per day (low end)
____ x 2.2g = ____ g Protein per day (high end)

STEP 3: PRE-TRAINING INTAKE

Carbohydrates:

2-4hrs pre training - Full meal
• 0.2 - 0.3 x ____ (calculated daily carbs based on training day calculated above) = ____ g

1hr or less pre-training - Snack
• 7-10% of calculated daily carbs based on training day calculated above from simple, high glycemic carbs

Protein:

2-4hrs pre-training - Full meal
• 0.2 - 0.25 x ____ (calculated daily protein intake calculated above) = ____ g

1hr or less pre training
• No more than 10g protein alongside your carbs from above

Fat:

2-4hrs pre-training - Full meal
• 15-30g fat
• Fat source ideas:
-almond butter
-avocado
-small handful mixed nuts

1hr or less pre-training
• No more than 10g fats alongside your carbs & protein

STEP 4: DURING RUN TRAINING INTAKE

RUN FUELING 2-2.5kcal/kgBW/hr training

- Ex. ____ lb/2.2 = ____ kg
- ____ kg x 2 = ____ calories per hour (low end)
- ____ kg x 2.5 = ____ calories per hour (high end)

TIP!

DO NOT exceed 60g carbs per hour unless you are working with a professional Sports Nutritionist or Dietitian.
*1g carb = 4 cal

STEP 5: POST TRAINING INTAKE

Carbohydrates:

Immediately post training (within 30min of completing training session)

____ kg x 1 = ____ g recovery carbs

OR

____ g x .2 = ____ g recovery carbs

30g Protein ideas:

1 cup greek yogurt
1 oz almonds
1/2 cup raspberries

OR

1 slice whole wheat toast
1/4 avocado
3 oz smoked salmon
1 fried egg

OR

Omelet; 1 egg + 2 egg whites
2 oz chicken
1 oz goat cheese
1/2 cup spinach

