



NUTRITION FOR RUNNERS

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Much like fuelling your car to ensure a smooth ride, you must fuel your body for a strong run. There are many different approaches to nutrition, especially when it comes to endurance based sports and training. The main thing to remember is; as much as possible focus on whole, nutrient dense foods. For convenience when needed sports drinks, gels and gummies are okay but good, whole food is best. Every body is different in how it reacts to certain foods, ie. some people may feel lethargic after a higher fat meal, whereas others may feel energized and full for hours. It is up to you to figure out what fuel your body works best on. The easiest way to do that is through mindful eating and tracking! Pay attention to your hunger cues, how you are sleeping, if you're fatigued before/ after a training session, etc to help you tell if you are eating enough calories and the right types of food. By tracking how you feel during the day as well as before/ after your training session you will have clear evidence as to what your body needs!

FOOD FOR THOUGHT:

MORNING TRAINING -

Morning training can be great for some as they can get up, work out and be refreshed and ready for their day. Others, would much rather cuddle back under their covers and save their training for the evening. Whichever you prefer your morning should always start with whole, nutritious food to get you up and going. *Note, if you are training in the morning it is up to you if you like to have a light snack before training or just wait until you get home to break the fast. If you have not already, try both. You may be shocked to find you feel there's a little more gas in the tank then you thought with the simple addition of ½- 1 banana in the morning before your session!

BREAKFAST RECIPE 1:

Egg Scramble

Ingredients:

- 2-3 eggs (dependant on if you are male or female/ just how hungry you are!)
- ½- 1 cup chopped veggies, try: mushrooms, bell peppers, zucchini, grated carrot or parsnip, onion, etc
- 1 cup spinach





- Top with: ¼- ½ avocado, 1 tsp hemp hearts, cilantro, salsa, hot sauce...
- 1 tsp cooking oil
- 1-2 dashes of salt and pepper

Directions:

- Heat up a medium size frying pan and add ~1 tsp cooking oil
- Chop up all veggies while the pan warms
- Add veggies, sautee for 2-3 mins
- Mix your 2-3 eggs in a bowl and add a pinch of salt/ pepper
- Add eggs to the frying pan and stir
- Allow them to cook for 3-5 mins longer until they are no longer runny
- Top with a healthy fat like avocado or hemp hearts
- Get spicy with the addition of hot sauce or salsa!
- *If you have just finished a training session try adding a whole grain piece of toast on the side or even ¼- ⅓ cup black beans to the scramble!

BREAKFAST ON THE GO RECIPE 2-
Beet & Cauliflower Berry Smoothie

Ingredients:

- ¼ cup chopped cauliflower (frozen or raw)
- ¼ cup chopped beets (peeled, frozen or raw)
- 1 cup spinach (frozen or raw)
- ¼ cup berries (your choice - blueberries, raspberries, cranberries...)
- 1 tbs nut butter of your choice (almond, peanut butter...)
- 1 tbs ground flax seed
- 1 tbs cocoa powder
- 1 scoop protein powder (chocolate is ideal but vanilla, berry or unflavoured works!)
- 1 tsp lemon juice
- 1 cup (+ more if needed) water



Directions:

- Put all ingredients into a blender and blend!



LUNCH CRUNCH-

Midday training can be a great way to break up your day which can be beneficial as a mental break and a body break from sitting for 3-4 long hours! Similar to breakfast, you may choose to wait until after training to eat your full lunch, however be aware of how your body is feeling and if it needs a little energy before your session or not. Once again, try both methods; a small snack before training or no snack and a filling breakfast 3-4 hours prior. If you have not eaten in over 3-4 hours or your training session will last more than 90 mins, consider having a snack before hitting the pavement or the gym. Remember food is fuel, you wouldn't start on a road trip without first filling up your tank, or at least checking the fuel gauge. Consider the same precautions for your body before getting your midday run in!

LUNCH RECIPE 1-

Southwest Salad

Ingredients:

- ¼ - ⅓ cup black beans
- ⅓ - ½ cup quinoa (if after a workout OR if vegetarian)
- Palm size portion of protein of your choice (chicken, shrimp, steak, etc)
- 2 cups leafy greens (spinach, romaine, mixed greens, green leaf lettuce...)
- ½ - 1 cup chopped veggies try: mushrooms, bell peppers, grated carrot, onions, radish, tomato...
- Top with: ¼- ½ avocado, tbs nuts or seeds (try pumpkin seeds), cilantro, etc



Directions:

- Chop all veggies
- Cook black beans (if dried) and quinoa beforehand (hint: if you are vegetarian having things like beans and whole grains on hand is ideal. Make a larger batch at the beginning of the week, it will be ready to throw in any salad, bowl, curry, etc!)

Orange Chipotle Dressing

Ingredients:

- ¼ cup orange juice
- ⅓ cup olive oil
- 1-2 chipotle peppers in adobo sauce (*Note if you do not like spicy food take all seeds out of the peppers first!)
- 1 minced garlic clove
- Pinch of salt & pepper

Directions:



- Put all ingredients into a small blender (like a magic bullet, inversion blender or Ninja) and blend!
- If you do not have blender, put all ingredients into a small jar with an air tight lid and shake! (remember to first mince the garlic and chipotle peppers!)

LUNCH ON THE GO RECIPE 2-

Thai Tuna Wrap

Ingredients:

- 1 whole grain wrap
- 1 can tuna (drained)
- 1 tbs peanut butter
- 1-2 tsp lemon or lime juice
- 1-2 tsp hot sauce of choice (Siracha, Frank's, etc)
- 1-2 tbs chopped cilantro
- 1 shredded carrot
- *can add dash of cumin, extra lemon juice, etc
- *Note this recipe is for the whole can of tuna, if you are extra hungry divide over two wraps. If not, save the extra tuna to have as a snack with chopped carrots or celery
- Add ins: more shredded carrot, purple cabbage, greens, sliced radishes, chopped tomatoes...



DINNER STAPLES-

Most people get their workouts done just after work and before heading home for a (hopefully) nutritious evening meal. Preparation for this meal is one of the most important! Often when working out after work people do not eat, meaning their last meal was at 12pm (ish), add a workout in their, taking the dog for a walk or picking up the kids and you may not be eating until 7pm at night -- 7 hours after your last meal! Most likely you'll be more than a little hungry! To avoid unnecessary snacking or grabbing the first thing you see in a hangry rage, prep some key ingredients to have on hand, or try making a large batch of a healthy dish to easily grab and re-heat!

DINNER BIG BATCH RECIPE 1-

Vegetarian Lentil & Sweet Potato Curry

Ingredients:



CRUSH CAMP

- ½ medium sized sweet potato, chopped into bite size cubes
- 1 chopped red pepper
- ½ chopped zucchini
- ½ chopped onion (sweet yellow onion is ideal but any onion will do)
- 1 head broccoli, chopped into bite size pieces (yes you can eat the stem!)
- *Add more veggies if you like! Try: mushrooms, carrots, purple cabbage, beets, eggplant...
- 1 cup rinsed red lentils
- 1 tbs olive oil
- 2-4 garlic cloves (depending how much you like garlic!)
- 1 tbs grated fresh ginger
- 1-2 tbs curry paste (in my experience curry paste has yielded the best and most flavourful curries. Start with a small 1-2 tbs amount then add in more to taste as you wish)
- 1 can coconut milk

Directions:

- Rinse lentils, then cook on medium heat until water is absorbed or until they are soft
- Heat up a large skillet over low- medium heat
- Add tbs olive oil then minced garlic and chopped onion
- Sautee garlic and onion for 1-2 mins (garlic burns easily so be careful with the heat of your pan!)
- Add all other veggies ginger, sautee for another 3-5 mins
- Add coconut milk (yes there will be a layer of condensed coconut fat at the top, then coconut milk at the bottom - add the whole thing!), stir until combined
- Add curry paste, stir until no lumps and curry paste is evenly dispersed into coconut milks/ veggies
- Add cooked lentils and allow the whole mixture to simmer on low heat for 5-10 mins
- Serve over whole grain rice, quinoa, sauteed spinach or kale etc
- Top with cilantro, avocado, your favourite spicy sauce (I am a sucker for Siracha on everything!) and enjoy!

HANDY PREPARED MAINS DINNER RECIPE 2-

Whole Roasted Chicken

Ingredients:

- Whole chicken
- 2-3 garlic cloves
- 1 tsp of salt and pepper
- 1 lemon
- Additional spices: try fennel, rosemary, thyme or sage as easy and flavourful additions

Directions:

- Preheat oven to 425 F





- Rinse and pat dry the chicken (remove any giblets if needed)
- In a small bowl add 1 tsp salt, pepper and zest of the lemon
- Rub the whole chicken with salt, pepper and lemon mix
- Place the lemon and garlic into the chicken cavity
- Cook for 60-90 mins
- To ensure it is fully cooked, use a meat thermometer to check it is at 165 F

Roasted Veggies:

Ingredients:

- Veggies of your choice! Carrots, parsnips, cauliflower, onion, beets...
- 1 tsp Olive or coconut oil
- Pinch of salt & pepper

Directions:

- Preheat oven to 450 F
- Slice all veggies into approx. ¼ inch slices, place on a baking sheet
- Drizzle olive oil or melted coconut oil over veggies
- Sprinkle salt and pepper
- Cook for 30-40 mins (vegetables should be soft, but not mushy!)

Make both a protein and veggie option on a Sunday or not so busy night during the week to ensure you have healthy and quick leftover options. Dress these two staples up with extra sides, have the chicken in tacos, use the veggies in a salad/ grain bowl, etc!