

# Fast Food

How long  
are you  
running for?

Under 1hr

Over 1hr

Food is an essential part of performance, but what exactly should you eat before, during and after your run?

And how do the calories you've burnt translate to real meals?

## Before your run

2-4hrs before

Eat carbs for slow-release energy, plus a moderate amount of protein

Your weight

Nutrition

Hydration

For example

60kg

Carbs  
Protein

120g  
15g

500ml



Cinnamon  
porridge with  
banana & berries

Adjust portion according to  
body weight and nutrient needs

80kg

Carbs  
Protein

160g  
20g

500ml

100kg

Carbs  
Protein

200g  
25g

500ml

30mins before

Eat a small carb-based snack to slowly raise blood glucose levels ready for exercise

any weight

Carbs

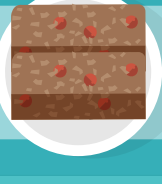
30-60g

500ml



Banana  
bread

or



Healthy  
flapjack

## During your run

Under 1 hour



No need to refuel  
as long as you've  
eaten enough  
pre-run to keep  
your energy up

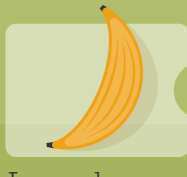
250ml  
every  
2 miles

Every hour afterwards



Carbs  
30-60g

250ml  
every  
2 miles



Large banana



Jelly sweets



Energy gels

How many calories  
are you burning?

If you weigh:

60kg

80kg

100kg

Calories  
burned  
(kcal)

4000

3000

2000

1000

0

Time run

10min

30

1hr

2hr

3hr

4hr

Based on running pace of 9 min / mile

## After your run

Within 30mins

Eat carbs to replenish energy, protein for muscle repair. Add salty snacks to help retain fluids and stimulate thirst

Your weight

Nutrition

Hydration

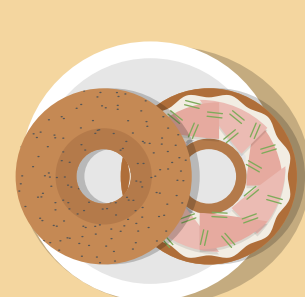
For example

60kg

Carbs  
Protein

60g  
20g

Drink  
1-1.5 litres  
fluid for  
every kg  
of body  
weight lost  
to sweat



Smoked  
salmon bagel

Adjust portion according to  
body weight and nutrient needs

80kg

Carbs  
Protein

80g  
25g

100kg

Carbs  
Protein

100g  
30g

300ml

400ml

500ml

2hrs after

Eat carbs to continue replacing glycogen stores in muscles and liver, plus moderate amounts of protein and some unsaturated fats

60kg

Carbs  
Protein

60g  
20g

300ml

80kg

Carbs  
Protein

80g  
25g

400ml

100kg

Carbs  
Protein

100g  
30g

500ml



Jacket potato with  
baked beans

## How many burgers did you burn?

Time run

10 min

30 min

1 hr

4 hr

Your weight

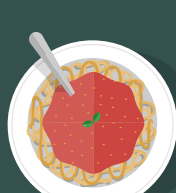
60



Short mocha  
coffee



Cheeseburger



Spaghetti  
Bolognese



Large beef stuffed  
crust pizza

Calories  
burned  
(kcal)  
Based on  
running  
pace of  
9 min / mile

Food  
equivalent

110

330

670

2,670

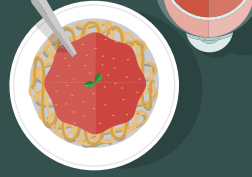
70



Coffee +  
whipped cream



Cheeseburger  
+ fizzy drink



Spaghetti Bolognese  
+ large glass of wine

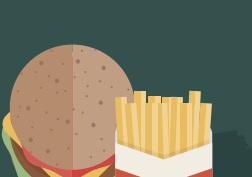


Pizza + cheesy  
nachos + coleslaw

80



Coffee  
+ a biscuit



Cheeseburger  
+ small fries



Spaghetti  
Bolognese + 2 slices  
garlic bread



Pizza + 3 large  
bars of chocolate

Sources: Runners' World Calories Burned Calculator; American College of Sports Medicine; Australian Sports Commission; Iowa State University; Matt Fitzgerald; James Collins; Food calorie counts: myfitnesspal.com, Starbucks, Coca Cola, McDonald's, drinkaware.co.uk, Pizza Hut, Cadbury

ilbstudio for GoodFood