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Runner's World Performance Nutrition for Runners | ACTIVE

Even though we all know nutrition plays a key role in general health and athletic performance, many of us are confused about applying nutrition principles in order to become better runners. Matt Fitzgerald provides runners with a comprehensive, easy-to-use guide that addresses the specific nutrition needs of endurance runners.

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Regular sensible snacking is important, but proper meals are where good runner nutrition really counts. Pasta is the runner’s classic favourite, but there are plenty of other excellent...

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Plus, you should wait about three hours after having a large meal (focus on carbs and protein) before working out. Grab a small, low-fiber, high-carb snack 30 to 60 minutes before your run. You need about 30 to 60 g of carbohydrates per hour for intense workouts over 60 minutes or moderate sessions over 90 minutes.

Your Running Nutrition Guide: How to Run Faster & Farther

A unique eating plan for both novice and experienced runners--to help you achieve optimum performance and keep those unwanted pounds off. If you are a serious runner, or are thinking about starting a running or run/walk program to keep fit and help you lose weight, forget about the traditional food pyramid--or today's low-carb diets.

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