



# Fueling Tips

**Give your body the best fuel**

## Hydration



The "Rule of Thumb" is half your body weight in ounces each day.



If you are already thirsty, you are dehydrated.

Drink 12 to 16 oz. of water an hour before you run

**TIP!**

## Food When should I eat?

At least 30 to 60 minutes before you workout

What should I eat?

Foods low in fat and fiber

You will learn what works best for your body!



# Fueling Tips: Post Run

## Replenish & Recover

### DON'T MISS THIS!



Your window for the most effective refueling after a workout is within **20-30 minutes**.

**Get something in your system ASAP!**

## Fueling Ideas

### Before

- Banana
- Peanut Butter on Toast or Bagel
- Oatmeal

### During

- Gu
- Honey Stinger Gel or Chews
- Sports Beans
- Skratch Chews
- Clif Shot Bloks

### After

- Skratch Recovery
- Chocolate Milk
- Gatorade

### Nutrition Week



Learn more about each of the fuel brands we carry at Run Away Shoe in our Nutrition Week series at [www.runawayshoes.net/blog](http://www.runawayshoes.net/blog)